

# SANTEE SENIORS 55+

# JUNE 2018

DESIGNED FOR ADULTS OVER 55  
 GET INVOLVED ~ STAY CONNECTED ~ BE ACTIVE  
 santeerec.com (619) 258-4100 ext.222



## Explore Downtown La Jolla Tuesday, June 19

We will be exploring downtown La Jolla which offers a plethora of activities for locals and visitors alike. The downtown La Jolla Village has enticing opportunities for everyone to enjoy. We will be taking a bus with our day campers and there will be a good bit of walking involved.

Departure Time: 9:00am Return Time: 3:00pm  
 Departure and Return Location: Community Services  
 Department Activity Building 1, 8115 Arlette  
 (located at Big Rock Park) Fee: Free  
 Bring: Money for lunch/snacks and shopping and  
 Wear comfortable walking shoes

**Registration Deadline: June 15, 2018 (space is limited)**

## Wellness Wednesday- Herrick Library Stroke Prevention and Recognition Wednesday, June 27 10am

Join us to learn about what steps to take to prevent stroke and how to recognize stroke. Our speaker will be Sheila Erickson, RN, BSN, MBA, Director Acute Care Stroke, Sharp Grossmont Hospital.

Stay after the speaker for our feature film, *The Glass Castle* at 11:30am. Popcorn will be served.

|  | Tue | Wed  | Thu   |
|--|-----|--|---|
|  | 5   | 6  | 7   |
| <b>PARKS Santee &amp; Recreation</b>   |     | USS Midway Story<br>First Wednesday<br>Santee Library<br>9am   | Fitness Walk<br>Walker Preserve Trail<br>9500 Magnolia Avenue<br>9am            |
|  | 12  | 13   | 14  |
|  |     | Games w/Suzanne<br>Apples to Apples<br>9am City Hall- Bld. 7<br>10601 Magnolia Ave                     | Fitness Walk<br>Santee Lakes- 9am<br>Meet at Teen Center<br>9310 Fanita Parkway |
|  | 19  | 20   | 21  |
| Explore Downtown<br>La Jolla- 9am<br>Must pre-register<br>Details upper left |     | Movie Day!<br>City Hall- Room 7<br>10601 Magnolia Ave<br>9am   |   |
|  | 26  | 27   | 28  |
|  |     | Wellness Wednesday<br>at the Herrick Library<br>Speaker/Movie- 10am<br>9001 Wakarusa St<br>La Mesa, CA | Fitness Walk<br>Mast Park-<br>Parking Lot<br>9125 Carlton Hills Blvd<br>9am     |