

# SENIORS 55+ ACTIVITY CALENDAR

## February 2025



### Wednesdays | 10:00am

5  
First Wednesday  
The Cuban Missile Crisis  
City Hall—Building 8P  
10601 Magnolia Ave.

12  
Games w/Suzanne  
City Hall—Building 8P  
10601 Magnolia Ave.

19  
Fall Prevention &  
Balance Screening  
City Hall—Building 8P  
10601 Magnolia Ave.

26  
Bingo  
City Hall—Building 8P  
10601 Magnolia Ave.

### Fitness Walks | 9:00am

#### Tuesday, February 4

◆ Santee Lakes, 9310 Fanita Pkwy. (Meet @ Lake 5 Store)

#### Thursday, February 13

◆ Mast Park, 9125 Carlton Hills Blvd.

#### Tuesday, February 18

◆ Kumeyaay Lake Campground, 2 Father Junipero Serra Trail

#### Thursday, February 27

◆ Walker Preserve, 9500 Magnolia Ave.

### First Wednesday

## “One Minute to Midnight” The Cuban Missile Crisis



**February 5  
@ 10:00am**  
**Santee City Hall  
10601 Magnolia Ave.  
Santee CA 92071**

**In the years following World War II, America and Russia engaged in a dangerous game of “diplomatic brinkmanship”. That game turned deadly in 1962 when Russian nuclear missiles were installed in Cuba—just 100 miles from Miami, Florida.**

**Join USS Midway Docent and veteran John Landry as he recounts both the history and his personal experience surrounding “the most dangerous moment in human history.”**



# Fall Prevention Presentation & Balance Screening



**Date: Wednesday, February 19**  
**Time: 10:00am**  
**Fee: FREE!**  
**Location: Santee City Hall, BLDG 8P**  
**10601 Magnolia Ave**

**Have you or a loved one slipped or fallen recently? You are not alone, one in four older adults (65+) fall each year and as we get older, we are more likely to fall. In 2016, over 20,000 older adults were treated and discharged from the Emergency Department and an additional 7,000 were admitted for inpatient care in San Diego alone.**

**The good news is that many falls are preventable, and you CAN reduce your risk of falling!**



The City of Santee & its adopted military members present

# HEROES GOLF CLASSIC TOURNAMENT



**REGISTER TODAY!**

Thursday, February 13, 2025

**Carlton Oaks Golf Course**

9200 Inwood Drive, Santee

Check-in 8:00am | Shotgun start: 9:00am | 4-Player Best Ball Scramble Format

**Is your golf game not up to par?**

Participate by paying for an active-duty member to play or signing up to be a hole sponsor.

Contact: Bree Osborne at bosborne@cityofsanteeca.gov



Register or Get Involved Here

