

# SANTEE SENIORS 55+ ACTIVITY CALENDAR



# June



Tuesday	Wednesday	Thursday
<p>4</p>	<p>5  <b>First Wednesday—</b>                      The Nation’s Record Keeper                      City Hall—Building 8P                      10601 Magnolia Ave.                      10:00am</p>	<p>6  <b>Fitness Walk</b>                      Santee Lakes                      Meet by Lake 5 Store                      9310 Fanita Pkwy.                      9:00am</p>
<p>11</p> 	<p>12  <b>Games w/Suzanne</b>                      City Hall—Building 8P                      10601 Magnolia Ave.                      10:00am</p>	<p>13</p>
<p>18</p>	<p>19  <b>Bingo</b>                      City Hall—Building 8P                      10601 Magnolia Ave.                      10:00am</p>	
<p>25</p> 	<p>26  <b>Maintaining Brain Health</b>  <b>Through Socialization</b>                      Grossmont Healthcare District                      Health &amp; Wellness Library                      9001 Wakarusa St.                      10:00am</p>	<p>27</p>

## ACTIVITY DESCRIPTIONS



The National Archives and Records Administration (NARA) is the repository for all important records involving the federal government, including the Declaration of Independence.

**First Wednesday**  
**The Nation's Record Keeper**  
**June 5 at 10:00am**  
**Santee City Hall**  
**10601 Magnolia Ave, Santee CA 92071**

Join us as historian Vincent Rossi offers insights into the history of NARA and the records it holds.

## Maintaining Brain Health through Socialization

Speaker: Shannon Patel, MSW

**June 26th at 10:00am**

Grossmont Healthcare District  
Health & Wellness Library

9001 Wakarusa St, La Mesa, CA 91942



How do we maintain a healthy brain? During this talk we will discuss what brain health is, the Impact social isolation and loneliness can have on dementia risk, and the brain health intervention: Memory Cafes. Memory Cafes combat social isolation and loneliness and provide various other types of stimulation/activity.

**\*Feature Film: Book Club: The Next Chapter, 11:30am**

## Fitness Workout Challenge

**RELOADED**

A Walk, Swim, Bike, Hike  
(ANYthing that gets you moving)  
Fitness Workout Challenge that is  
designed to keep you active and  
healthy during the summer.

**Who: Santee Seniors 55+**

**What: ANYthing Fitness—walks included**

**When: Starts June 17th—August 23th**

**Where: Your choice (plan workouts with a buddy)**

**Why: Encourage healthy exercise**

**How: Record workouts  
on sheet available**

@ City Hall—Building 6

@ Wednesday activities



**Complete 25 workouts over the Challenge duration and win a prize!**