SENIORS 55+ ACTIVITY CALENDAR October 2024



Wednesdays | 10:00am

2
First Wednesday
Olaf Wieghorst Museum
City Hall—Building 8P
10601 Magnolia Ave.

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

16
Healthy Living for your
Brain and Body
City Hall—Building 8P
10601 Magnolia Ave.

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

30 Brunch Potluck Mast Park 9125 Carlton Hills Blvd.

Fitness Walks | 9:00am

Thursday, October 3

• Old Mission Dam, 1 Father Junipero Serra Trail

Tuesday, October 8

• Mast Park, 9125 Carlton Hills Blvd.

Thursday, October 17

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

Tuesday, October 22

• Walker Preserve, 9500 Magnolia Ave.

Tuesday, October 29

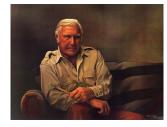
Kumeyaay Lake Campground, 2 Father Junipero Serra Trail

First Wednesday

Olaf Wieghorst Museum

October 2 at 10:00am

Santee City Hall 10601 Magnolia Ave, Santee CA 92071





The Wieghorst Museum preserves the work of Olaf Wieghorst, a great Danish-American twentieth century painter, and celebrates the heritage of the American West through his art. Volunteers from the museum will be here to talk about the historical significance of Olaf Wieghorst to our East County community, as well as showcase some of Wieghorst's artwork.

ACTIVITY DESCRIPTIONS





What: Resource Table

When: Thursday, October 10, 2024

Where: Santee City Hall, BLDG. 8A

Time: 11:00am-2:00pm

Check Your Mood Day celebrates
National Depression Screening Day and
invites San Diegans to assess and
monitor their emotional well-being.

Healthy Living for your Brain and Body

When: Wednesday,

October 16, 2024

Where: Santee City Hall,

Building 8P

Time: 10:00am

ALZHEIMER'S ASSOCIATION EDUCATION SERIES

Presented by: ALZHEIMER'S \(\frac{1}{2} \) ASSOCIATION°



Save the Date!

Santee Seniors 55+ Holiday Luncheon

Friday, December 13

