



# Pleasanton Sole Mates October 2018 Walking Schedule



Join our weekly Wednesday walking group! Walking is one of the easiest and most cost effective forms of exercise for adults. Participants must be able to walk 2.5-3 miles and keep a moderate pace with the group.

**Each walk will depart from the Senior Center.**

<b>October 3, 2018</b>	<b>Second Street</b>	<b>8:45-10:00am</b>
Leaving the Senior Center we will walk down Second Street and continue through town. <i>Moderate Walk</i>		
<b>October 10, 2018</b>	<b>Kottinger Park</b>	<b>8:45-10:00am</b>
Leaving the Senior Center we will walk down Second Street up to Kottinger Community Park and back on Mirador Drive. <i>Moderate Walk</i>		
<b>October 17, 2018</b>	<b>Case Avenue</b>	<b>8:45-10:00am</b>
Leaving the Senior Center we will walk down Case Avenue and through downtown Pleasanton. <i>Moderate Walk</i>		
<b>October 24, 2018</b>	<b>Patelco Sports Park</b>	<b>8:45-10:00am</b>
Leaving the Senior Center we will walk down Bernal Avenue and through the sports park. <i>Moderate Walk</i>		
<b>October 31, 2018</b>	<b>Arroyo Del Valle</b>	<b>8:45-10:00am</b>
Leaving from the Senior Center we will walk down Pleasanton Avenue to the Arroyo Del Valle Trail and back on Main Street. <i>Moderate Walk</i>		