



# Pleasanton Sole Mates November 2017 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.**

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**November 1, 2017**                      **Downtown Walk**                      **8:45-10:00am**  
Leaving the Senior Center we will walk through downtown Pleasanton.  
*Moderate Walk*

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**November 8, 2017**                      **Bernal Avenue**                      **8:45-10:00am**  
Leaving the Senior Center we will walk down Bernal Avenue and walk around Patelco Sports Park.  
*Moderate Walk*

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**November 15, 2017**                      **Case Avenue**                      **8:45-10:00am**  
Leaving the Senior Center we will walk down Case Avenue and through downtown Pleasanton.  
*Moderate Walk*

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**November 22, 2017**                      **Amador Valley Community Park**                      **8:45-10:00am**  
Leaving the Senior Center on Paratransit we will be dropped off at the Aquatic Center. We will walk Black Avenue to Greenwood and make our way to Division Street and follow Pleasanton Avenue to Senior Center.  
*Moderate Walk*

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**November 29, 2017**                      **Second Street**                      **8:45-10:00am**  
Leaving from the Senior Center we will walk down Second Street and continue through town.  
*Moderate Walk*

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