



Pleasanton Sole Mates MARCH 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.

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| March 7, 2018 | The Loop | 8:45-10:00am |
| Leaving the Senior Center we will walk down Valley Avenue to the Kensington neighborhood and back on Bernal Avenue. | | <i>Moderate Walk</i> |
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| March 14, 2018 | Arroyo Del Valle | 8:45-10:00am |
| Leaving the Senior Center we will walk down Pleasanton Avenue to the Arroyo Del Valle trail and back on Main Street. | | <i>Moderate Walk</i> |
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| March 21, 2018 | Orloff Park | 8:45-10:00am |
| Leaving the Senior Center on Paratransit we will be dropped at Orloff Park, walk down Kolln Street to Mohr Avenue to the Iron Horse Trail and back to the park via Valley Avenue. | | <i>Moderate Walk</i> |
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| March 28, 2018 | Case Avenue | 8:45-10:00am |
| Leaving the Senior Center we will walk down Case Avenue and back through downtown Pleasanton. | | <i>Moderate Walk</i> |
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