



Pleasanton Sole Mates May 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.

May 2, 2018 **Mission Hills** **8:45-10:00am**
Leaving the Senior Center we will walk to Mission Hills Park and through the adjoining neighborhood. *Moderate Walk*

May 9, 2018 **Murphy Kane Trail** **8:45-10:00am**
Leaving the Senior Center we will walk down Valley Avenue and connect to the Murphy Kane Trail. *Moderate Walk*

May 16, 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. *Moderate Walk*

May 23, 2018 **Kottinger Park** **8:45-10:00am**
Leaving the Senior Center we will walk down Second Street up to Kottinger Community Park and back on Mirador Drive. *Moderate Walk*

May 30, 2018 **Rose Avenue** **8:45-10:00am**
Leaving the Senior Center we will walk to Rose Avenue and make our way around to Harvest Circle and cross the Arroyo Del Valle and back through town. *Moderate Walk*