



Pleasanton Sole Mates February 2019 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.

February 6, 2019	Mission Hills	8:45-10:00am
Leaving the Senior Center we will walk through Mission Hills Park and the adjoining neighborhood.		<i>Strenuous Walk</i>
February 13, 2019	Sports Park	8:45-10:00am
Leaving the Senior Center on Paratransit we will be dropped off in the softball field parking lot. We will walk one loop around the park. <i>If meeting the group at the park please arrive at 9 a.m.</i>		<i>Moderate Walk</i>
February 20, 2019	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.		<i>Moderate Walk</i>
February 27, 2019	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.		<i>Moderate Walk</i>
