

April Schedule

Pleasanton Sole Mates

Do you love the outdoors and want a fun way to exercise? Walking is one of the easiest and most cost effective forms of exercise for adults. Join our weekly walking group on Wednesday mornings.

April 2, 2014 **Case Avenue** **8:45-10:00am**

Leaving the Senior Center we will walk down Case Avenue and through local neighborhoods.

April 9, 2014 **Second Street** **8:45-10:00am**

Leaving the Senior Center we will walk down the tree lined street and through town. ***Walk may include hills***

April 16, 2014 **Mission Hills** **8:45-10:00am**

Leaving the Senior Center we will walk up Sycamore Creek Road and through Mission Hills Park. ***Walk will include hills***

April 23, 2014 **Black Avenue Park** **9:00-10:00am**

Leaving from the Senior Center on Paratransit we will walk around the park at the Aquatic Center and walk back to the Center.

April 30, 2014 **Bernal Avenue** **8:45-10:00am**

Leaving from the Senior Center we will walk down Bernal Avenue

For more information call
925-931-5365



Weather permitting walks
will take place every