



March 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. Walks are approximately 2.5-3 miles. All levels welcome!

March 5, 2014

City Stroll

8:45-10:00am

Join us as we leave from the Senior Center and walk through town and local neighborhoods.

March 12, 2014

Mission Hills

8:45-10:00am

Leaving the Senior Center we will walk towards Mission Hills Park and the surrounding neighborhoods.

Walk will include hills

March 19, 2014

Orloff Park

8:45-10:00am

Leaving the Senior Center on Paratransit we will head to Orloff Park off of Kolln St. If meeting the group at the park be there by 9:00am.

March 26, 2014

Bernal Avenue

8:45-

10:00am

Leaving from the Senior Center we will head down Bernal Avenue past the Fairgrounds towards the shopping center and back to the Center.

For more information call
925-931-5365



Weather permitting walks
will take place every