



November 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! Departure is approximately 8:50am.

November 5, 2014 **City Stroll** **8:45-10:00am**

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

November 12, 2014 **Mission Hills** **8:45-10:00am**

Leaving from the Senior Center we will walk through Mission Hills Park and adjoining neighborhoods making our way back to the Center.

November 19, 2014 **Black Avenue** **8:45-10:00am**

Leaving on Paratransit from the Senior Center we will be dropped off at the Aquatic Center on Black Avenue and walk around the park and walk back to the Senior Center. If it rains we will ride back to the Senior Center.

November 26, 2014 **Case Avenue** **8:45-10:00am**

Leaving from the Senior Center we will walk down Case Avenue and stroll through downtown.

For more information call
925-931-5365



Walks take place every
Wednesday, weather