# Active Older Adults

## *City of Santee*

**May 2013**

**Designed for adults over 55**

**Get Involved ~ Stay Connected ~ Be Active**

## Senior Group

Wednesdays from 9am-12pm. Active Older Adults meet to get involved, stay connected and be active. Pre-registration is not required

**Fitness with Sandy: Weekly 30 minute fitness class offering low-impact exercises. Bring water, a light hand weight and wear comfortable clothes and shoes.**

**Date:** May 1st

**Senior Group:** 9:00am - 12:00pm

**Activity:** Book to Movie

**Location:** Santee Library
9225 Carlton Hills Blvd.

**Date:** May 8th

**Fitness:** 9-9:30am

**Senior Group:** 9:30am - 12pm

**Activity:** Games with Suzanne

**Location:** City Hall Bldg. 8A

**Date:** May 15th

**Fitness:** 9-9:30am

**Senior Group:** 9:30am - 12pm

**Activity:** Craft

**Location:** City Hall Bldg. 8A

**Date:** May 22nd

**Fitness:** 9-9:30am

**Senior Group:** 9:30am - 12pm

**Activity:** BINGO! With Country Hills

**Location:** City Hall Bldg. 8A

**Date:** May 29th

**Fitness:** 9-9:30am

**Senior Group:** 9:30am - 12pm

**Activity:** Speaker

**Location:** City Hall Bldg. 8A

## Out and About

A day-tripper's delight. This program is for adventurous older adults who like to explore local and regional destinations within San Diego County. Transportation is not provided, participants are encouraged to carpool or utilize public transportation when available. Pre-registration is required. **To pre-register you can sign up at Senior Club or call 619.258.4100 ext 120**

### Old Town – Trolley Trip, Tour and Lunch—May 14th

Take the trolley out to Old Town for an afternoon of exploration, shopping and great food. Begin the day with a private docent guided walking tour, followed by lunch at Casa de Reyes and an opportunity for shopping before heading back to Santee. Lunch includes an entrée, non-alcoholic beverage and dessert.

**Date:** Tuesday, May 14, 2013

**Departure Time:** 9:00 AM (Trolley departs Santee at 9:15AM)

**Return Time:** 4:30 PM (Trolley departs Old Town at 3:30PM)

**Fee:** $26 Santee Residents, $30 Non-Residents

**Departure and Return Location:**

Santee Trolley Station

**Includes:** Transportation, Guided Tour and lunch at Casa de Reyes Mexican Restaurant

**Registration Deadline:** May 8th

Financial Aid Available for Santee residents! Submit your VIP application to find out if you are eligible for a $45 credit!

### Senior Health Fair

East County Senior Service Providers invite you to the annual health fair and health screening event.

**Date:** Friday, May 17, 2013

**Time:** 10 a.m. - 1:00 p.m.

**Fee:** Free

**RSVP By:** Wednesday, 15th

**Location:** Santee Trolley Square

Near the amphitheater and food court

**Free Health Screenings:** Stroke, Blood Pressure, and more

### Lunch after the Fair

Enjoy lunch at one of the many eateries in Santee Trolley Square

### Black Jack Tournament

Join Lantern Crest for a fun afternoon of socializing and a Black Jack Tournament. If you don't know how to play, they'll teach you!

**Date:** Saturday, May 25, 2013

**Time:** 2-3:30 p.m.

**Fee:** Free

**Provided:** Prizes and appetizers

**RSVP By:** Wednesday, 22nd

**Location:** Lantern Crest Senior Living
11010 Sunset Trail, Santee CA 92071

For more information, contact (619) 258-4100 ext. 222 or visit us at www.ci.santee.ca.us - Click on Senior Club.
Santee City Hall Bldg. 8A, 10601 Magnolia Ave.