

**2018
Senior Excursions**

Golden Nugget Casino
Downtown Las Vegas, NV
April 3 - 5, 2018

Santa Anita Horse Races
April 26, 2018

Pechanga Casino
Temecula, CA
May 8, 2018

Strawberry Festival
Oxnard, CA
May 19, 2018

John F. Kennedy's Life & Times
Santa Ana, CA
May 30, 2018

Yosemite National Park &
Chuckchansi Gold Resort Casino
June 12 - 14, 2018

Big Bear Mountain Lake
June 26, 2018

Alaska Cruise
September 19 - October 1, 2018

Spotlight on New York City
September 27 - October 1, 2018

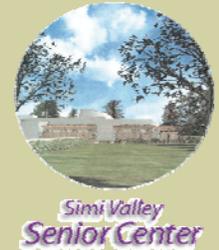


Serving the Seniors of
Simi Valley

Simi Valley Senior Center

News Bytes

Friday, March 16, 2018



News Bytes are sent out weekly, except for the week the Newsletter is sent.

For additional information on the programs and activities available at the Senior Center please go to our website at www.SimiValley.org/SeniorCenter.

The Simi Valley Senior Center is located at 3900 Avenida Simi
Simi Valley, CA 93063 (805) 583-6363.

WALK WITH EASE
a program for better living



Walk With Ease is a six-week exercise program developed by the Arthritis Foundation to reduce pain and improve overall health. If you can be on your feet for ten minutes without increased pain, you can have success with Walk With Ease! Instructors will help participants create a customized walking plan.

The class will meet from April 9 to May 18 at the Senior Center three times a week every Monday, Wednesday and Friday from 2:30 to 4:00 p.m. You will go at your own pace, starting slow and building up to walking for a total

of 45 minutes. Each participant will receive their own workbook, a pedometer...and more!

Space is limited and registration is required by calling (805) 583-6363 or stopping by the main desk.