

**2019
Senior Excursions**

**Wheel of Fortune Live Taping
Culver City, CA
February 18, 2019**

**Chumash Casino
Solvang, CA
March 5, 2019**

**Descanso Gardens
La Cañada Flintridge, CA
March 20, 2019**

**Golden Nugget Casino
Downtown Las Vegas, NV
April 9 - 11, 2019**

**Los Angeles
Heritage Square Museum
April 16, 2019**

**Natural History Museum and
Original Farmer's Market
Los Angeles, CA
May 7, 2019**

**Edgewater Hotel and Casino
Laughlin, NV
May 21 - 23, 2019**

**California Missions Celebration
June 4 - 9, 2019**

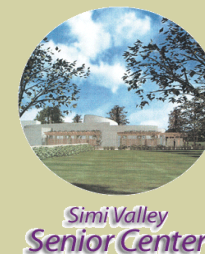
Simi Valley Senior Center



**Serving the Seniors of
Simi Valley**

News Bytes

Friday, February 8, 2019



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.



Arthritis Foundation Walk With Ease Program™

Walk With Ease is a free 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, then you can have success with Walk With Ease! Instructors will help participants create a customized walking plan.



The class will meet from February 25 to April 5 at the Senior Center three times a week every Monday, Wednesday and Friday from 9:00 to 10:30 a.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. Call (805) 583-6363 or stop by the main desk.