



# Free Seattle Walking Groups, especially for adults age 50+



Mari Becker (206) 684-4664

\* = level of difficulty

S O U T H E A S T	<b>Tuesday</b>		<b>Wednesday</b>		<b>Friday</b>
	10:30-11:30am* Seward Park 5902 Lake Washington Blvd.		9:00-10:00am* Rainier Court 3621 33 <sup>rd</sup> Ave. S.		10:00-11:00am* Rainier Beach CC 8825 Rainer Ave S.
C E N T R A L	<b>Monday</b>		<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	10:00-11:00am* Central Area Senior Center 500 30 <sup>th</sup> Ave. S.	10:00-11:00am* Pike Place Pig 85 Pike St.	11:00-11:30am* Merrill Gardens 800 4 <sup>th</sup> Ave. N.	10:00-11:00am* Pike Place Pig 85 Pike St.	10:00am-12:00 (noon)** Discovery Park 3801 W. Government Way
W E S T	<b>Monday</b>		<b>Tuesday</b>	<b>Thursday</b>	<b>Friday</b>
	10:00-10:30am* Salvation Army Senior Center 9045 16 <sup>th</sup> Ave SW	10:00-11:15am* Lincoln Park 8011 Fauntleroy Way SW	10:00 – 11:00am* Elizabeth House 3201 SW Graham	10:00 – 11:00am* Elizabeth House 3201 SW Graham	10:00-10:30am* Salvation Army Senior Center 9045 16 <sup>th</sup> Ave SW
N O R T H	<b>Tuesday</b>				
	10:00-11:00am* Greenwood Senior Center 525 N. 85 <sup>th</sup> St				
A L L	<b>Tuesday</b>		<b>Thursday</b>		<b>First Monday of the month</b>
	11 am – 1 pm ** “Walks with Dogs” Call Mari for more information		8:00-10:30am*** Various Coffee Shops, Call Mari for more information		9:00-2:30pm** Hiking outside the city, Call Mari for more information