

WALK FOR YOUR LIFE SCHEDULE: December 6-27, 2011

The Federal Way Senior Center is located at 4016 S. 352nd Street. Our walks are rated with a 1 for easy with little elevation gain and 3 miles through a difficulty level of 3 for hardest with as much as 300-foot elevation gain and forest trails of 4 miles. **Come 15 minutes early to sign in. WE LEAVE AT 9: 00 AM TUESDAY MORNING UNLESS NOTED!** Cost is based on round-trip mileage divided by 6.4 mpg for Senior Center Van times the price of gas times the number of vehicles divided by the number of passengers. Estimate is based upon 1 van and 11 passengers.

12-06-2011: Tacoma Nature Center:

We will start at their Interpretive Center and walk a 1 mile wetland loop around Snake Lake (no snakes) and 1.5 mile hilltop forest loop; natural surface. **We will eat lunch at a local restaurant or fast food place.**

Lunch: Buy

Rating: 2

Cost: \$ 1.10

12-13-2011: Kubota Garden:

This walk explores the Garden in the Renton area. We will eat **at a local fast food place in Rainier Beach.**

Lunch: Buy

Rating: 1

Cost: \$2.00

12-20-2011: Soos Creek Trail:

We will hike from the SE end of the trail near Lake Meridian and **will eat at a local fast food.**

Lunch: Buy

Rating: 2

Cost: \$1.00

12-27 -2011: BPA Trail - Aqua Center :

We will walk from the Aqua Center to Celebration Park and back. Lunch at the **International Pancake House.**

Lunch: Buy

Rating: 1

Cost: \$ 0.40

01/01/2012: New Year Pancake Breakfast at Belmor Mobile Home Park:

We celebrate the New Year by a short walk and brunch. For those who want a ride, we will leave the Senior Center at 10 am and start our short walk around their 9-hole golf course at 10:15 (if the weather permits), and then join in their annual Champagne Pancake Breakfast at 11 am. **The breakfast cost was approximately \$3.50 last year.**

Rating: 1

Cost: \$0.00