

# **WALK FOR YOUR LIFE SCHEDULE**

## **Jan 3rd to Jan 31st, 2012**

The Federal Way Senior Center is located at 4016 S. 352<sup>nd</sup> 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 6 passengers.** We don't go if it has snowed, is icy or the schools are closed.

### **01-03-12: Point Defiance Park, Tacoma:**

We walk the paved waterfront in this park in Tacoma. We will eat at the Antique Sandwich Shop.  
Lunch: Buy      Rating: 1      Cost: \$3.25

### **01-07-2012: New Year Pancake Breakfast at Belmor Mobile Home Park:**

We celebrate the New Year with a short walk and brunch. For those who want a ride, we will leave the Senior Center at 9:00 am and start our short walk around their 9-hole golf course at 9:15 (if the weather permits), and then join in their annual Champagne Pancake Breakfast at 10:00 am. The breakfast cost was \$3.50 last year?  
Rating: 1      Cost: \$0.00

### **01-10-12: Titlow Beach Park - Tacoma:**

Walk the Park trails, the beach and bluff. Watch the ducks, view the new narrow bridge and watch the trains. Eat at the Steamers Restaurant nearby.  
Lunch: Buy      Rating: 1      Cost: \$3.30

### **01-17-12: Green Lake – Seattle:**

The walk around the lake is 2.8-miles on blacktop with views of the lake & waterfowl. We will eat at Kid Valley Burgers.  
Lunch: Buy      Rating: 1      Cost: \$5.40

### **01-24-12: Ruston Way, Tacoma:**

Walk the Tacoma waterfront on paved sidewalks and enjoy the view and the new revisions. Lunch at the Antique Sandwich Shop.  
Lunch: Buy      Rating: 1      Cost: \$3.15

### **01-31-12: Steilacoom Village:**

Visit this historical town, the two waterfront parks and ferry landing. Lunch: local restaurant or fast food.  
Lunch: Buy      Rating: 1      Cost: \$3.90