

CITY OF PALMDALE

NEWS RELEASE

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Legacy Commons to Host Fitness Walk & Breakfast

PALMDALE – The City of Palmdale’s Legacy Commons for Active Seniors will host its annual fitness walk and continental breakfast on Thursday, May 15 from 8 to 10 am at Legacy Commons.

Sponsored by High Desert Medical Group, the event will begin with a stretching warm up, followed by a walk from Legacy Commons, around Poncitlán Square, and back. Participants will receive a T-shirt and enjoy a light breakfast on the patio following the walk. There will also be the opportunity to participate in various lawn games on the Legacy Commons grounds including croquet, bocce, horseshoes and ladder golf.

“This is a fun way to get in some exercise and meet people,” said Recreation Coordinator Jennifer Tallakson. “Registration in advance is encouraged although walk-ins are welcome.”

Legacy Commons for Active Seniors, Palmdale’s newest award-winning recreation facility, was designed especially for active adults aged 55+. Amenities include an auditorium with stage, three classrooms, billiards room, TV/social nook, Wi-Fi and outdoor patio in over 14,000 square feet. Lawn games include bocce, croquet, fling golf and horseshoes. Visitors are invited to pick up a detailed schedule of activities. Legacy Commons is also available for event rentals.

Legacy Commons is located at 930 East Avenue Q-9, and is open Monday through Thursday, from 8 am to 4:30 pm and Friday’s from 8 am to 12 noon. For more information call Legacy Commons at 661/267-5904.