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CITY OF PALMDALE

NEWS RELEASE

CONTACT: John Mlynar
PHONE: 661/267-5115
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Legacy Commons to Host Annual Fitness Walk

PALMDALE – The City of Palmdale’s Legacy Commons for Active Seniors will host its annual fitness walk and continental breakfast on Thursday, May 26 from 8:30 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.

“Our annual walk is quite popular and is a great opportunity get some exercise and meet people,” said Recreation Coordinator Jennifer Tallakson. “Registration in advance is encouraged although walk-ins are welcome.”

Legacy Commons provides adults age 55+ the opportunity to remain young-at-heart with a wide range of drop-in activities in a modern, contemporary center. Experience camaraderie, enhance your overall health, continue learning and foster self-reliance through our fitness and exercise classes, visual and performing arts programs, informational seminars and special interest groups. Adjacent Legacy Park features walking paths and picnic tables, bocce ball courts, horseshoe pits and a croquet lawn. Visitors are invited to pick up a detailed schedule of activities. No membership required.

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.

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Communications Department • 38300 Sierra Highway • Palmdale, CA 93550
www.cityofpalmdale.org