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Senior Citizen Walking Club Gets Surprise Visitor



Perris Mayor Michael Vargas walks around the City campus August 2 with fitness instructor Laura Sosa and resident Les Steele. The Senior Citizen Walking Club meets Wednesday mornings for exercise and socialization.

Perris Mayor Michael Vargas joined the City's Senior Citizen Walking Club August 2 for a jaunt around the City Hall Campus.

The group, led by Perris fitness instructor Laura Sosa, usually averages 30 to 50 seniors and meets at 9:30 a.m. every Wednesday for exercise and socializing.

The walking club continues the City's ongoing Live Well Perris healthy-eating, active living initiative. Mayor Vargas said he enjoyed the exercise and chatting with fellow seniors as they completed laps around the campus: "We want our seniors to practice living well. If they're willing to come out and exercise to improve their health, it's important to support that. Supporting it means doing it."

Participation in the walking club is free.



Members of the Perris Senior Citizen Walking Club pose for a photo outside the Bob Glass Gymnasium.

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