



SRCA 50 Plus

A Standing Committee of the SRCA

Aging Successfully in Scripps Ranch...

Questions? Contact us at SRCA50Plus@scrippsranch.org

SRCA 50 Plus Stretch Exercise Class: Free and open to the Public

Every Tuesday, except Holidays, 11:00 am – Noon

[Scripps Ranch Library Community Room, 10301 Scripps Lake Drive, 92131](#)



Exercise connects the mind-body, and you will benefit with increased flexibility, reduced stress, and an overall feeling of well-being!



This class is led by Scripps Ranch residents Carole (and of course, Marty Mathios, her backup). Stretch Exercise classes are "chair" exercises and can be done at any ability level.