

MAIN STAGE ENTERTAINMENT

Saturday, October 7 | 9am to 4pm | Del Mar Fairgrounds



9 a.m. **Welcome**
Emcee Luis Cruz
News & Programming Director of
The San Diego Union-Tribune



9:15 a.m. **Fitness for Active Older Adults/ Senior Mile**

Move Your Feet Before You Eat! Foundation

Mira Costa College Fitness class for the Active Older Adult integrating functional exercise, cardio, strength, balance and coordination.



10 a.m. & 12 p.m.

Peter Seltser, Singer for Seniors
Professional Musician & Entertainer
With his guitar and sultry voice, Peter touches the heart and awakens the spirit through music.



11 a.m. **The Classic Divas**
The Classic Divas are sure to leave you with your feet tapping and your face smiling.



1 p.m. **CASA Performing Arts Company**
Classy line dancers and show tunes for your delight.



2 p.m. **SilverSneakers Fitness Demo**
TivityHealth
Have fun moving to exercises designed to increase strength and range of motion.



3 p.m. **Ocean Hills Dance Troupe Presents**
The Ocean Hills Dance Troupe will present creative tap and jazz dances in dazzling costumes!