

**New Sociables**  
**The Sole Sisters Activity Leader**  
**Job Description**  
**2024-2025**

1. The Sole Sisters have two walking opportunities per month, 12 months a year: the 1st Friday and 4th Tuesday. Locations will vary from local and regional parks to different interesting neighborhoods. Some winter walks will be scheduled at an indoor shopping mall. The group will walk for approximately an hour, which equates to two miles. Determine an accessible location for the walk. Keeping climate conditions in mind, make every effort to walk outdoors. Prior to announcing the location of the walk, visit it in advance to ensure it offers accessible and safe paths. Make note of parking, restroom opportunities, type of path (asphalt, gravel, sand, grass, etc.), and type of terrain (level or hilly or both). Group stretching exercises will be performed prior to the start of each walk. Some walks will be “Walk & Learn” with the leader providing narration about places of interest during the walk.
2. At the monthly meetings during the “Activities Presentation” portion, encourage all levels of walkers and invite those not already on the Sole Sisters email list to notify the leader of their interest. The leader may or may not have the locations determined at this time because she will always take the weather conditions into consideration. The leader will send out an email about 4 days before each walk with further information such as location, time, etc. RSVPs are not necessary.
3. A complete newsletter article is to be sent to the newsletter editor by the 10th of each month.

Make sure it is in electronic form so the newsletter editor will be able to cut and paste your article into the newsletter. The monthly article should be totally in electronic form. Either send it to the editor as an attachment in MS Word, a pdf document or email the complete article. If your monthly article does not really change each month, please indicate that to the editor. However, if it does have some monthly changes, make the change, and send the entire article to her electronically. It is the newsletter editor’s responsibility to get your article into the newsletter. It is NOT her responsibility to edit and type your article into the newsletter and/or research the topic, venue or speaker or find directions or phone numbers for your article. Make sure that she can take what you send her and copy and paste it into the newsletter. She should not need to retype it because you either gave it to her written or typed it on a piece of paper. The newsletter position is a demanding job and anything we can do to make it easier will be much appreciated.