



Regional Spring Walks

GREATER BOSTON SENIOR GAMES

UMass Boston, 100 Morrissey Blvd.
Dorchester, MA
Saturday, May 15, 2010

MOORE STATE PARK

Sawmill Road
Paxton, MA
Tuesday, June 15, 2010

D.W. FIELD PARK

Fuller Craft Museum Tour
Oak Street, Brockton, MA
Wednesday, May 26, 2010

JAN MARBLE MEMORIAL WALK

Fort Independence Tour
2000 Day Boulevard
Castle Island, S. Boston, MA
Monday, June 21, 2010

CAPE COD CANAL

Herring Run Recreational Area
Bourne, MA
Friday, June 11, 2010

Walks begin with registration and warm-up at 10:30 A.M.
There are one-mile and three-mile walking routes.

Walks will be held RAIN or SHINE. Meet **Keep Moving** walkers from across the state.
Bring a picnic lunch. Make new friends!

Keep Moving club leaders should contact Ed Pomfred to discuss transportation scholarship assistance. Please make your transportation arrangements early. For more information contact Ed Pomfred: 617-624-5972 or e-mail: edward.pomfred@state.ma.us

The MA Department of Public Health and Blue Cross Blue Shield of Massachusetts support the **Keep Moving** program in partnership with the MA Executive Office of Elder Affairs and the MA Councils on Aging and Senior Center Directors.



If you are deaf or hard of hearing, or are a person with a disability who requires accommodation, contact Ed Pomfred: 617-624-5972 or TTY: 617-624-5992 or e-mail: edward.pomfred@state.ma.us by April 26, 2010.