



Regional Spring Walks

FOREST PARK

Sumner Avenue
Springfield, MA
Friday, May 6, 2011

HALIBUT POINT

Gott Avenue
Rockport, MA
Wednesday, June 1, 2011

GREATER BOSTON SENIOR GAMES*

Keep Moving Walk
University of Massachusetts
Boston Harbor Campus
Boston, MA
*(11:30 a.m. start, 1 mile route)
Saturday, May 14, 2011

JAN MARBLE MEMORIAL WALK

Fort Independence Tour
2000 Day Boulevard
Castle Island, S. Boston, MA
Monday, June 27, 2011

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. Pre-registration required. For more information contact Ed Pomfred: 617-624-5972 or e-mail: edward.pomfred@state.ma.us

The Massachusetts Department of Public Health and Blue Cross Blue Shield support the **Keep Moving** program in partnership with the Executive Office of Elder Affairs and the 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 15, 2011.