



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
250 Washington Street, Boston, MA 02108-4619

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Spring Regional *Keep Moving* Walks

February 3, 2010

Dear Walking Club Leader:

The ***Keep Moving* Program** invites you and your walking club to participate in upcoming Spring Regional *Keep Moving* walks to celebrate senior fitness and to meet other walkers from around the state.

The walks will take place on the dates and times noted on the enclosed registration form **RAIN OR SHINE**. Dress for the weather! **Registration and warm up start at 10:30 a.m. Walks start at 11:00 a.m.** and conclude at 1 p.m. (Exception: the Greater Boston Senior Games walk-meet at 11:30 a.m.) For inclement weather cancellation notices, please check the message at 617-624-5972 on the day of the walk.

There will be one-mile and three-mile walking routes. Bring a picnic lunch to enjoy following the walk! Picnic tables are available at the walk sites.

Enclosed are the walk locations and directions to the sites. All walkers will receive a complimentary gift. Please complete the enclosed registration form and return it by **April 26, 2010**.

Keep Moving clubs are encouraged to explore transportation options with *Keep Moving* clubs in surrounding communities. There is limited transportation assistance available to *Keep Moving* clubs. Please contact Ed Pomfred at (617) 624-5972 or edward.pomfred@state.ma.us to discuss transportation assistance. Make your travel arrangements early.

Sincerely,

Ed Pomfred, Director
Keep Moving Program

Keep Moving is supported by the Massachusetts Department of Public Health, the Massachusetts Executive Office of Elder Affairs, the Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts.

Directions to **KEEP MOVING** Regional Spring Walks

GREATER BOSTON SENIOR GAMES

UMass Boston

100 Morrissey Boulevard, Dorchester, MA

Saturday, May 15, 2010

Meet at 11:30 a.m. at the Sugar Bowl, UMass Boston

MBTA: Take the Red Line to JFK/UMass Station. A free shuttle bus will carry you to the campus.

Commuter Rail: Take the commuter rail to the JFK/UMass station from the South Shore on the Middleboro and Plymouth lines.

By car from the north: Take Interstate 93 South through Boston to Exit 15 (Columbia Road/JFK Library). Take a left at the end or the ramp onto Columbia Road, and then take your first right in the rotary. Follow the University of Massachusetts signs along Columbia Road and Morrissey Boulevard to the campus.

By car from the south: Take Interstate 93 North to exit 14 (Morrissey Boulevard/JFK Library) and follow Morrissey Boulevard north to the campus.

By car from the west: Take the Massachusetts Turnpike (Interstate 90) east to Interstate 93. Take I-93 South one mile to Exit 15 (JFK Library/South Boston/Dorchester). Take a left at the end or the ramp onto Columbia Road, and then take your first right in the rotary. Follow the University of Massachusetts signs along Columbia Road and Morrissey Boulevard to the campus.

Campus parking fee: \$6.00.

D.W.FIELD PARK,

Fuller Craft Museum tour

Oak Street, Brockton, MA

Wednesday, May 26, 2010

Meet at Oak St. Park entrance at 10:30 a.m.

<http://www.dwfieldpark.com/index1.html>

From the south: Route 24 North to exit 18 B

Follow directions below From Exit 18B*

From the north: Route 93 South, pass through Boston

SE Expy/I-93 S/RT-3 S/US-1 S toward Quincy/Cape Cod

Continue to follow I-93 S/US-1 S

Take exit 4 on the left to merge onto RT-24 S toward Brockton (See below from exit 18 B)*

From the west: Take Mass Pike Route 90, east towards Boston.

Take exit 14 to merge onto I-95 S/RT-128 S toward S Shore

Continue on I-93 N/US-1 N (signs for I-93 N/Boston/Braintree/US-1 N)

Take exit 4 on the left to merge onto RT-24 S toward Brockton (See below from exit 18 B)*

*From exit 18 B Head towards Stoughton, take Right on North Pearl Street,
Take a Right on Oak Street,
Pass Greek Orthodox Church, Pass Fuller Craft Museum,
Park entrance on Oak Street on left hand side, Park in lot on left hand side.

CAPE COD CANAL

Herring Run Recreational Area
Bourne, MA
Friday, June 11, 2010
Meet at the Herring Run Visitors Center at 10:30 a.m.

<http://www.nae.usace.army.mil/recreati/cc/recreation/recremap.htm>

Follow Route 495 South toward Cape Cod and the Bourne Bridge. (It becomes Route 495 and Route 25).

Take the last exit (exit 1) before the bridge.

DO NOT GO OVER THE BOURNE BRIDGE. This will take you to a rotary.

Go $\frac{3}{4}$ way around rotary to Bourne Scenic Highway. (You will be going under the Bourne Bridge).

Go past the Bourne Scenic Park on your right.

Continue approximately 2 miles and watch for the Herring Run Visitors Building and parking lot. Park on the left side of the visitor center if possible.

MOORE STATE PARK

Sawmill Road
Paxton, MA
Tuesday, June 15, 2010
Meet at park entrance at 10:30 a.m.

<http://www.mass.gov/dcr/parks/central/more.htm>

From the northeast: Take Rte. 2 west. Take Rte 2 to Rte. 190 toward Worcester
Take exit 5, Rte. 140.

Take Rte. 140 north to traffic light. Turn left.

Follow to the end; turn right toward Holden.

Follow to the end; turn left. This is Rte. 31.

Follow Rte. 31 south through Holden center, crossing Rte. 122A, through Paxton center, Intersection of Rtes. 31, 122, and 56.

Follow Rte. 31 south 1 $\frac{1}{4}$ mile to the Moore State Park entrance on the right.

From the south: Take Rte. 495 south to Rte 290 west.

Take Exit 18; turn right.

At 2nd set of lights turn right; go up the hill between the old Courthouse and the Auditorium.

Go straight through every intersection, following the Worcester Airport signs, which will take you onto Rte. 122 north at Tatnuck Square.

Go past the Airport entrance; continue on Rte. 122 to Paxton Center, just a few miles.

At the center turn left onto Rte. 31 south, intersections of Rtes. 122, 31 and 56.

Moore State Park entrance is 1 ¼ miles on the right.

From the northwest: Take Rte. 2 east to Rte. 32 south to Rte. 122 south to Paxton Center Intersections of Rtes. 122, 31, & 56.

Turn right on Rte. 31 south; Moore State Park entrance is 1 ¼ miles on the right.

From the southwest: Take the Mass Pike east to the Sturbridge exit.

Take Rte. 20 east to Rte. 49 north.

Follow Rte. 49 to Rte. 9 in Spencer.

Follow through to Spencer center; turn left onto Rte. 31 north.

Follow Rte. 31 north into Paxton; Moore State Park entrance is on the left.

From the Pike: Take Auburn exit; get on Rte. 20 west.

Take Rte. 20 west to Rte. 56 north.

Turn right onto Rte. 56 north through Leicester center. You'll cross Rte. 9; continue on Rte. 56 north.

Rte. 56 will come to a T at Rte. 122 in Paxton.

Turn left on Rte. 122/56; continue 1 mile to Paxton center.

Center is intersections of Rte. 122, Rte. 31 and Rte. 56.

Turn left onto Rte. 31 south.

Moore State Park entrance is 1 ¼ miles south on Rte. 31.

Meet at the State Park entrance at 10:30 a.m.

Jan Marble Memorial Walk,

Fort Independence Tour

2000 Day Boulevard

Castle Island, South Boston, MA

Monday, June 21, 2010

Meet at base of Fort Independence at 10:30 a.m.

<http://www.mass.gov/dcr/parks/metroboston/castle.htm>

MBTA: Red Line to Broadway Station, MBTA Bus #9 or #11 to the end of the line.

Walk to the right across Marine Park to the beach to the entrance of the fort.

By car: Rt. 3 (I-93) to JFK # 15 follow beach along William J. Day Boulevard, Castle Island is at the end of the Causeway.

From the south: Turn right at the bottom of the ramp.

From the north: Turn left at the bottom of the ramp.

Follow signs for South Boston – Castle Island

When you come to the rotary, go half way around and bear right onto Day Boulevard.

Follow the beach, passing the Metro Police Station and the Carson Beach Bathhouse located 100 yards from the station.

Follow Day Boulevard all the way to the very end.

Parking

Autos: Park at the MDC lot near Sullivan's Restaurant.

Buses: Please drop off passengers at MDC lot and park buses in area marked for buses just outside of MDC lot. Look for the Keep Moving banner at the base of Fort Independen

Keep Moving Spring Walks 2010

Registration

PLEASE PRINT:

Name of Walking Club: _____

Contact Person: _____ Phone: _____

E-mail address: _____

Address: _____
Street

City

State

Zip code

Please circle the walks and provide the number of walkers that will be attending.

1. Greater Boston Senior Games, Umass Boston Harbor Campus
100 Morrissey Boulevard, Dorchester, MA
Saturday, May 15, 2010 (11:30 a.m. -1:00 p.m.)
Number attending _____
2. D.W. Field Park and Fuller Craft Museum
Tour of a unique craft museum. Tours being arranged for those interested and who have pre-registered. Club leaders, please indicate # wishing to take tour _____ Tour times to be announced.
D.W.Field Park, Oak Street, Brockton, MA
Wednesday, May 26, 2010 (10:30 a.m. -1:00 p.m.)
Number attending _____
3. Cape Cod Canal, Herring Run Recreational Area
Bourne, MA
Friday, June 11, 2010 (10:30 a.m. -1:00 p.m.)
Number attending _____
4. Moore State Park
Sawmill Road, Paxton, MA
Tuesday, June 15, 2010 (10:30 a.m. -1:00 p.m.)
Number attending _____
5. Jan Marble Memorial Walk and Fort Independence Tour
Castle Island, 2000 Day Blvd., South Boston, MA
Monday, June 21, 2010 (10:30 a.m. -1:00 p.m.)
Number attending _____

Please return reservations by April 26, 2010

Ed Pomfred, *Keep Moving* coordinator
MDPH, 250 Washington St., 4th Floor
Boston, MA 02108

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e-mail: edward.pomfred@state.ma.us