



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 16, 2011

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 22, 2011**.

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

FOREST PARK, SPRINGFIELD, MA

Sumner Avenue

Springfield, MA

Friday, May 6, 2011

Meet at 10:30 a.m. at Senior Center in Forest Park

From Hartford and points south:

From Rt. I-91 North, take exit 2 in Massachusetts (several miles from the state line). Continue up the hill and the road curves to the left. Take a right at the traffic light onto Sumner Ave. Forest Park is on the right.

From Boston/Worcester, and points east:

Take the Mass. Pike (Rt. I-90) West to Rt. 291 in Chicopee. Follow Rt. 291 to Rt. I-91 South in Springfield. Take exit 4 (Sumner Ave. to Rt. 83). Take a left, under the highway. After the first traffic light, turn right, up Longhill St. At the traffic light go left on Sumner Ave. Forest Park is on the right.

From the Berkshires and points west:

Take the Mass. Pike (Rt. I-90) East to Rt. 91 South in Holyoke. Take exit 4 (Sumner Ave. to Rt. 83) Take a left, under the highway, go right, up Longhill St., then go left on Sumner Ave. Forest Park is on the right.

From Greenfield and points north:

Take Rt. I-91 South to Springfield. Take exit 4 (Sumner Ave. to Rt. 83). Take a left, under the highway, go right, up Longhill St., then go left on Sumner Ave. Forest Park is on the right.

GREATER BOSTON SENIOR GAMES

UMass Boston

100 Morrissey Boulevard, Dorchester, MA

Saturday, May 14, 2011

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 of the ramp onto Columbia Road, and then take your first right in the rotary. Follow the UMass 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 of the ramp onto Columbia Road, and then take your first right in the rotary. Follow the U Mass signs along Columbia Road and Morrissey Boulevard to the campus.

Campus parking fee: \$6.00.

HALIBUT POINT STATE PARK

Gott Avenue

Rockport, MA

Wednesday, June 1, 2011

Meet at 11:30 a.m. Meet at 10:30 a.m. at Visitor's Center

<http://www.mass.gov/dcr/parks/northeast/halb.htm>

From the south and west: Take Rte. I-95/128 north to Rte. 128 north toward Gloucester and Rockport. After crossing the Annisquam River bridge, go three quarters around the first rotary, following signs for Rte. 127 north (Annisquam and Pigeon Cove). After approximately 6 miles, turn left at the park sign and the Old Farm Inn onto Gott Ave.

From downtown Rockport: Drive north on Rte. 127 approximately 3 miles, turning right onto Gott Ave.

Jan Marble Memorial Walk & Fort Independence Tour

2000 Day Boulevard, Castle Island, South Boston, MA

Monday, June 27, 2011

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 on to 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 Independence.

Keep Moving Spring Walks 2011

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. Forest Park, Sumner Avenue
Springfield, MA
Friday, May 6, 2011 (10:30 a.m-1 p.m.)
Number attending _____
2. Greater Boston Senior Games, UMass Boston Harbor Campus
100 Morrissey Boulevard, Dorchester, MA
Saturday, May 14, 2011 (11:30 a.m. -1:00 p.m.)
Number attending _____
3. Halibut Point State Park, Gott Avenue
Rockport, MA
Wednesday, June 1, 2011 (10:30 a.m-1 p.m.)
Number attending _____
4. Jan Marble Memorial Walk and Fort Independence Tour
Castle Island, 2000 Day Blvd., South Boston, MA
Monday, June 27, 2011 (10:30 a.m. -1:00 p.m.)
Number attending _____

Please return reservations by April 22, 2011

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

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