



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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## Autumn Regional *Keep Moving* Walks

August 5, 2011

Dear Walking Club Leader:

The ***Keep Moving* Program** invites you and your walking club to participate in upcoming Autumn 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. 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 **September 7, 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](mailto: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 Massachusetts Department of Public Health, Massachusetts Executive Office of Elder Affairs, Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts.

## Directions to *KEEP MOVING* Regional Autumn Walks

### **BARE COVE PARK**

Hingham, MA

Tuesday, September 13, 2011

(Closest address for gate entrance is 19 Fort Hill Street directly across from the West Hingham MBTA Commuter rail station.)

**Meet at the Bare Cove Path gate entrance at 10:30 a.m.**

<http://www.hingham-ma.gov/barecove/index.html>

#### **Direction from Cohasset, Scituate, Marshfield to Bare Cove Park:**

Travel North on Route 3A to the Hingham Rotary, Proceed  $\frac{3}{4}$  of the way around and continue North on Route 3A for  $\frac{1}{10}$  of a mile and turn left at the traffic light onto North Street, continue towards Hingham Center for about  $\frac{2}{5}$ -mile, past the post office and Catholic Church on the right, turn left onto Central Street, then make your first right onto South Street and follow  $\frac{9}{10}$  of a mile, past South Shore Country Club. At the traffic light and railroad crossing, turn left after crossing the tracks for  $\frac{1}{10}$  of a mile. Bare Cove Park will be on your right, just after the Thomas Auto Body shop.

#### **Direction from Weymouth, Quincy to Bare Cove Park entrance:**

Travel South on Route 3A crossing the Weymouth Back River Bridge where you will enter Hingham. At the bottom of the bridge turn right onto Beal Street and follow for 1.3 miles. Bear right onto West Street and follow for  $\frac{1}{10}$  of a mile, you will see the South Shore Country Club on the left, on the other side of the tracks. Bear right through the traffic lights onto Fort Hill Street, the Bare Cove Park entrance in  $\frac{1}{10}$  of a mile on the right, just after the Thomas Auto Body shop.

#### **Directions to Bare Cove Park from Route 3:**

##### **From Cape Cod & Plymouth:**

Take Route 3 North to exit 16 (mile 38.4), turn right at the top of the ramp onto Route 18 North (see below)

##### **From Boston & Route 128:**

Take Route 3 South towards Cape Cod to exit 16A (mile 38.4). Turn right at the top of the ramp onto Route 18 North (see below)

##### **From Route 18 North:**

Take Route 18 North for  $\frac{1}{4}$  of a mile to the traffic lights at the intersection of Main Street (Route 18 & Winter Street) Turn right onto Winter Street, go past Dairy Queen on the left and follow for  $\frac{1}{2}$  of a mile to the end of the road. Turn left onto Middle Street and go straight for 1.3 miles through 3 traffic lights. This will bring you to the intersection of Middle and Broad Streets. Turn right onto Broad Street and follow for about a mile to the traffic light in Jackson Square. Continue straight on Broad Street and continue down the hill, past the Venetian Restaurant (on the right), to the next traffic light. Turn left onto Commercial Street (CVS will be on your right) and continue straight for 1.8 miles. The roads name will change to Fresh River Avenue and then to Fort Hill Street. When you see the West Hingham MBTA Commuter Rail station on the right, you turn left into Bare Cove Park ; the entrance is just before Thomas Auto Body.

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## **UPPER CHARLES TRAIL MILFORD SECTION**

Milford, MA

Friday, September 23, 2011

**Meet at Milford Senior Center, 60 North Bow Street, Milford, MA at 10:30 a.m.**

<http://www.milford.ma.us/trail/map.htm>

### **From Route. 495, from the north:**

Take exit #19 (Route. # 109)

Turn Left on to East Main Street

Take a Left on to North Bow Street

Park in the Lower Section of the Parking Lot, farthest area away from the center.

**From Route. 495, from the south:** Take exit 20 to Route. 85 (Cedar Street) South towards Milford. Turn Right onto Route 16 (East Main Street). East Main Street become Main Street. Take Left at North Bow Street. Milford Senior Center will be on your Left. Park in the lower section of the parking lot, farthest area away from the center.

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## **CAPE COD CANAL**

Herring Run Recreational Area

Bourne, MA

Monday, October 17, 2011

**Meet at the Herring Run Visitors Center at 10:30 a.m.**

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.

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# Keep Moving Autumn 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.

Bare Cove Park  
Fort Hill St. entrance  
Hingham, MA  
Tuesday, September 13, 2011 (10:30 a.m. -1:00 p.m.)  
Number attending \_\_\_\_\_

1. Upper Charles Trail, Milford Section  
Milford Senior Center  
60 North Bow Street  
Milford, MA  
Friday, September 23, 2011 (10:30 a.m. -1:00 p.m.)  
Number attending \_\_\_\_\_

Cape Cod Canal  
Herring Run Recreational Area  
Bourne, MA  
Monday, October 17, 2011 (10:30 a.m. -1:00 p.m.)  
Number attending \_\_\_\_\_

**Please return reservations by September 7, 2011**

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

FAX to: (617) 624-5075      Phone: (617) 624-5972      TTY: (617) 624-5992  
e-mail: edward.pomfred@state.ma.us