



Monday Wellness Walks



Join Golden Age staff members at these great locations for a mile walk on the following dates:

Monday, August 5 @ 9:00am

. West River Bike Path Trail

(Meet at the Golden Age Center, and depart from here)

Monday, August 12 @ 9:00am

. Spaulding Trail

(Meet off of Ferry Road, by the East River Marsh Parking Lot)

Monday, August 19 @ 9:00am

. Veterans Park

(Meet in the Parking Lot at the Grand Island Memorial Library)

Monday, August 26 @ 9:00am

. Scenic Woods

(Meet in the Parking Lot at Scenic Woods (off of Bishops Gate & Windham Lane/Sturbridge Lane)

Please come dressed appropriately; sneakers are highly encouraged. They may get dirty depending on where we go. Also, bring water if it is hot out.

We will MEET at the above locations at 9:00am, and will begin our walk at 9:05am.

If the weather is inclement, (severe rain/thunderstorms), we will not meet.