



# 2025 Wednesday Wellness Walks



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

## **Wednesday, April 30 @ 9:00am**

- . Nike Base to West River Bike Path NORTH**  
*(Meet in the Front Foyer of the Golden Age Center)*

## **Wednesday, May 7 @ 9:00am**

- . Nike Base Park**  
*(Meet in the Front Foyer of the Golden Age Center)*

## **Wednesday, May 14 @ 9:00am**

- . Nike Base to West River Bike Path SOUTH**  
*(Meet in the Front Foyer of the Golden Age Center)*

## **Wednesday, May 21 @ 9:00am**

- . Nike Base Trails**  
*(Meet in the Front Foyer of the Golden Age Center)*

## **Wednesday, May 28 @ 9:00am**

- . Nike Base to Big Six Marina**  
*(Meet in the Front Foyer of the Golden Age Center)*

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.

**If you have any questions, please call us at  
(716) 773-9682.**