



August Summer Senior Walking Club



Join Golden Age staff members at these great at locations for a one mile walk (sometimes longer), on the following dates:

Wednesday, August 2 @ 9:00am

• West River Bike Path Trail

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

Wednesday, August 9 @ 9:00am

• Nike Base Trail

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

Wednesday, August 16 @ 9:00am

• Veterans' Park

(Meet in the Grand Island Memorial Library Parking Lot)

Wednesday, August 23 @ 9:00am

• Scenic Woods

(Meet in the Scenic Woods Parking Lot)

Wednesday, August 30 @ 9:00am

• Buckhorn State Park

(Meet in Woods Creek Parking Lot)

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.