



Senior Summer Walking Program



Join Erin at these great locations for a one mile walk (or longer)
on the following dates:

Wednesday, August 2nd @ 10:00am

- River Lea (Meet in Ferry Village Parking Lot)

Wednesday, August 9th @ 10:00am

- Spaulding Trail (Meet at Ferry Village Parking Lot)

- **Wednesday, August 16th @ 10:00am**

- Beaver Island (Meet at Sledding Hill Parking Lot)

- **Wednesday, August 23rd @ 9:30am**

Isle View Park Tonawanda (Meet at GAC and we will ride together)

Wednesday, August 30th

No Walking Today / Day Trip to Old Fort Niagara

**Sign-up at the office for lots of walking, fun and a great lunch
(lunch purchase on one's own)**

Please come dressed appropriately, sneakers are highly encouraged.

Also, bring water if it is hot out.

We will **MEET** at the above locations at **10:00am** (unless specified otherwise)
on the dates listed.

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

Should you have any questions, please call Erin at (716) 773-9682.

