

Trailblazers

The Trailblazers is a group of seniors who work together to develop a program of activities throughout the year to meet the needs of more active seniors. The group will meet the first Wednesday of every month at 3:00pm. The next meetings will be held on Wednesdays, July 10th & August 7th. If this interests you, please plan on attending the meetings to see what it is all about or to share ideas. During the meetings, you will be able to share your interests, assist in researching activities and costs, review and evaluate the programs after completion and a lot of idea sharing! It is the intention to be an inclusive group being mindful of a moderate to more strenuous activity level. Trailblazer events are open to all.

Please sign up for these outdoor activities by calling (508) 229-4453

Everyone is welcome!

Hopkinton State Park Boating- July 2,9,16,23,30, August 6,13,20,27 Tuesdays 9:45am
Wednesdays will be the rain date.

Meet at Hopkinton State Park Boating area and kayak, paddle board, peddle boat, or canoe for an hour. Provided by Boating in Boston: life jacket, paddles, cushions, safety demonstration. What you should wear and bring: sun protective clothing, hat, sunglasses and keeper, sunscreen, closed toe shoes, layers of clothing for cool weather, water, towel, change of clothing. Required: Must purchase a one-time Senior Massachusetts State Park pass for \$10. Good for lifetime. Can be bought at gatehouse at Hopkinton State Park. Maximum participants per class: 8 — PLEASE SIGN UP FOR EACH SESSION SEPARATELY. Donation: \$3.00 per session to be paid at the Senior Center. A liability form must be completed before you go boating. They are available at the Park.

Thursday, July 11th Bay Circuit Trail Hike-

Meet at the Senior Center at ****9:30am**** Hike about 2 miles on the Bay Circuit Trail, the south of Medfield section. We will carpool to starting point. Carl Guyer will lead. Please remember to bring bug/tick repellent and wear appropriate clothing and footwear.

Monday July 15th Westborough Trolley Trail Walk

Meet at the Senior Center at 9:30 AM

Don Burn from Westboro will lead about a 2 mile mostly-flat walk on portions of the Westboro Trolley Trail. We will carpool to the starting point. Please remember to bring bug/tick repellent and wear appropriate clothing and footwear. Lunch somewhere afterwards at own expense.

Thursday, July 18, Goddard Park Hike, Picnic, Lighthouse Cruise

Meet at Senior Center at 9:45AM

Bus leaves Senior Center at 10 am.to N. Kingston, RI for a 45 minute hike around Goddard Park, followed by a picnic at the pavilion. Terrain may be hilly and uneven. The hike will be followed by a lunch with a choice of chicken salad, vegetarian, or ham and cheese. Following lunch we will board the bus to the RI Fast Ferry for a 1 hour, 40 minute cruise around Narragansett Bay's 10 lighthouses. Return about 6 pm. Please remember to bring sunscreen and insect repellent. And wear appropriate clothing. Suggested Donation: \$36.00.

Thursday, August 8th Bay Circuit Trail Hike

Meet at the Senior Center at ****9:30am**** Hike about 2 miles on the Bay Circuit Trail, the north section. We will carpool to starting point. Carl Guyer will lead. Please remember to bring bug/tick repellent and wear appropriate clothing and footwear.

Thursday, August 15th Mass Audubon's Broad Meadow Brook Wildlife Sanctuary Hike

Meet at the Senior Center at 9:00am. Carpool to Worcester Sanctuary. The visit will include a presentation in the visitor's center on "Protecting the Nature of Massachusetts" which will address climate change, invasive species, and habitat loss. The talk will be followed by an informative guided hike along the trails of the 400 acre sanctuary. It is an easy hike. A bag lunch will be provided. Suggested Donation is \$10.00. There is a maximum of 20 persons. Please remember to bring bug/tick repellent and wear appropriate clothing and footwear.