

## 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, September 4th & October 2nd at 3:00p. 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.

### Thursday, September 12th Bay Circuit Trail Hike:

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

### Wednesday, September 18th World's End Reservation:

Meet at the Senior Center at 9am. Bus will bring us to World's End in Hingham, MA. Walk on the tree lined carriage paths through marshes, meadows, and woodlands to see the coastal views of Boston. It will be a moderate hike of about 3.0 miles. Please remember to bring bug/tick repellent and wear appropriate clothing and footwear. A picnic lunch included. Donation: \$10

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### Wednesday, September 25th Boundless Adventures:

Meet at the Senior Center at 11:15am. Carpool to Boundless Adventure Park in Berlin, MA. The Adventure Park consists of "aerial trails" between elevated platforms in the trees at different heights with zip lines and bridges to cross. There are nine color-coded aerial trails ranging from beginner through advanced levels. Donation: \$25

The 3 Yellow Courses are excellent for beginners, kids and people who are not quite confident in their climbing skill yet. At 10 feet elevation, these obstacle courses let you unleash your inner-monkey with low-speed zip line, easier bridges and unique balance beams.

The 3 Green Intermediate level is at 15 feet, the mantra is "mind over matter" as you traverse elements that include longer zip lines, ladders, and rolling elements. A rolling element gets you from one tree platform to the next like a zip line. But instead of simply jumping off the platform, you might be standing on a skateboard or sitting on a disc.

The 2 Blue Advanced level begins to separate the men from the boys and the women from the girls. At 22-26 feet, test your strength and agility with harder ladders, harder rolling elements, and bridges.

After a half hour safety lesson, admission is good for three hours in the Adventure Park. Climbers can return to the starting platform of the same trail or select another trail.

**PLEASE WEAR:** comfortable long shorts or exercise pants and t-shirt or sweatshirt if chilly. Sneakers or closed-toe and closed-heeled shoes are required.

Please go to [www.boundlessadventures.net](http://www.boundlessadventures.net) and sign the required waiver form online.

### Tuesday, October 1st Bike/Walk Blackstone River Greenway Woonsocket to Lincoln RI:

Meet at Senior Center at 9am. Bike or walk the River Greenway from Woonsocket to Lincoln RI. Carpool to the trail and picnic lunch after the ride/walk. Please remember to bring sunscreen, bug/tick repellent and wear appropriate clothing and footwear. When signing up, indicate if you are biking, bringing a bike rack with number of spaces, or if you need a space on a bike rack. Donation: \$10

Trailblazer Programs Continued:

Thursday, October 10th Bay Circuit Trail Hike:

Meet at the Senior Center at \*\*9:30am Hike about 2 miles on the Bay Circuit Trail, the south 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, October 17th - Horseback Trail Ride:

Meet at the Senior Center at 9:30am. Carpool to Cornerstone Stables in Princeton. Trail ride about one hour. Lunch included at the Mountainside Market.

Donation: \$40. 12 person limit. Please remember to bring bug/tick repellent and wear appropriate clothing and footwear.

Thursday, October 24th Lake Williams Walk:

Meet at the Senior Center at 10:00am. Carpool to the Lake Williams Trail in Marlboro. Walk 1 1/2 to 2 miles along a dirt path. Moderately difficult. Lunch after on our own. Please remember to bring bug/tick repellent and wear appropriate clothing and footwear.

**Volunteer Opportunity**

**Do you like spending time around children?**

**Do you have a few hours a week to volunteer to support Southborough students?**

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The Mary Finn School is looking for active seniors who are interested in working with children or helping out teachers prepare materials for a few hours a week. Volunteers are needed to read with students, help small groups of students with learning activities, and/or help organize materials for teachers. The students and teachers truly enjoy having Southborough's seniors in the school and the seniors who volunteer enjoy supporting Southborough's future generation.  
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In addition, by volunteering, you can save money on your property taxes. To sign up or to learn more about the opportunities to help in the schools, contact Pam at the Senior Center. There is one Tax Work Off spot available, please call the Senior Center at (508) 229-4453.

If not interested in the Tax Work Off program, please still consider volunteering your time with the children of the Finn School. Such a rewarding experience.#

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**Symphony Pro Musica**

The outstanding regional symphony orchestra, is presenting a fund raising program called:



CLASSICAL MYSTERY TOUR  
SYMPHONY PRO MUSICA  
" A TRIBUTE to the BEATLES"



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