



WALKS  
TAILORED  
FOR  
SENIORS!

## FREE WEEKLY PARK WALKS HOSTED BY THE ANN ARBOR SENIOR CENTER

Please join Ann Arbor Senior Center staff for a weekly guided one-mile beginner level walk at a different park in the City of Ann Arbor!

Meet in the parking lot (of each week's selected park) **every Friday (beginning June 17) 10-11 a.m.** Keep track of your walks and earn prizes. Path conditions may include paved, unpaved and boardwalks (some with little or no elevation changes).

Location information, walk checklists and maps will be available via mail or at the Ann Arbor Senior Center. Water and a light snack will be provided. Each walk will be weather permitting, and a weather determination will be made by 9 a.m. each Friday.

**Registration is required for this free event.** Email [mfulton@a2gov.org](mailto:mfulton@a2gov.org) or call **734.794.6250**. You'll receive an information packet to help you track your progress.

June 17, 10-11 a.m. [Bandemer/Argo Pond](#) 1055 Longshore Drive | [Trail Information](#)  
June 24, 10-11 a.m. [Barton Nature Area](#) 1010 W Huron River Drive | [Trail Information](#)  
July 1, 10-11 a.m. [Furstenburg Nature Area](#) 2626 Fuller Road | [Trail Information](#)  
July 8, 10-11 a.m. [Garden Homes Park](#) 1800 Franklin Street | [Trail Information](#)  
July 15, 10-11 a.m. [Mary Beth Doyle](#) 3500 Birch Hollow Drive | [Trail Information](#)  
July 22, 10-11 a.m. [Southeast Park](#) 2901 E Ellsworth Road | [Trail Information](#)  
July 29, 10-11 a.m. [Sugarbush Park](#) 3349 Yellowstone Drive | [Trail Information](#)  
Aug. 5, 10-11 a.m. [Wheeler Park](#) 200 Depot Street | [Trail Information](#)



Please see the other side for additional information.

[A2GOV.ORG/SENIOR](http://A2GOV.ORG/SENIOR)



# SENIOR CENTER WALK CHECKLIST

June 17, 10-11 a.m. Bandemer/Argo Pond

June 24, 10-11 a.m. Barton Nature Area

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## PRIZES BASED ON COMPLETED WALKS

1 walk – tote bag

2 walks – patch

3 walks – sunscreen

4 walks – sunglasses

5 walks – Visit Every Park t-shirt

6 walks – reusable water bottle

7 walks – mini first aid kit

8 walks – umbrella