



WINTER WALKS

Come walk with us! Our WINTER walks will start at 10:00 a.m. at the departure point. **If you would like to be green and carpool with the walkers, please be at the COA office at 9:35 a.m.** You **must** pre-register to join the walk by calling the COA no later than Friday before the Monday walk. Please leave your name, phone number and email address. Pre-registration allows us to contact you if there is a cancellation due to bad weather or if we need to change our “starting point” due to poor walking conditions. For more about the program e-mail coaprogram@sherbornma.org or call the COA office at 508-651-7858.

- **January 25- Holliston Rail Trail** Walk starting at Fatima Shrine followed by walkers' New Year's potluck lunch in Woodhaven's Community Room. As a special treat Laila will be making her New Year's soup. We will also be doing a "Yankee Regift". Maybe the gift that you received at Christmas is not to your liking, but it may be to someone else's... Please wrap and bring a gift. **Kindly RSVP for lunch.**
- **February 8- Milford Rail Trail.** Come burn off some calories in advance of celebrating Chinese New Year as we have lunch together post-walk at the Sky Buffet in Milford.
- **February 22-Cochituate Rail Trail in Framingham.** We're off to Saxonville to enjoy this paved trail. Length of the walk will be determined by the weather and those who sign up in advance. If the conditions are good, we may do a more robust walk.

Contact the office if you are interested in volunteering as a TRAIL GUIDE. Share your favorite walk with others.

The walking club is open to Sherborn residents of all ages and seniors of neighboring towns. There is no cost to participate thanks to a grant from Baypath Elder Services, which receives funding from Title III of the Older Americans Act. Because federal funding is being used you have the opportunity to make a “voluntary donation” toward the cost of this program. Voluntary donations are put directly into program enhancement, allowing for the expansion of services. You are welcome to participate in this program regardless of whether or not you make a donation..