



SHERBORN COA

JUNE WALKS

Meet new friends, see new places and enjoy the physical benefits of a brisk walk. In fact, a recent study suggests that walking for just 20 minutes a day has a significant positive impact on a person's health. **Come and join a group of walkers on Mondays starting at 10:00 a.m. at the destination.** Either meet us at the destination or car pool from Sherborn Town Hall. **Please note no walk on Monday, June 13th.** The June schedule is as follows:

- **June 6- Holliston Rail Trail in Holliston.** This will be a 1 hour walk along the rail trail. Here is an overview of the entire Holliston Rail Trail- <http://hollistontrails.org/about-fht/trail-details/> Car pool leaves Sherborn Town Hall at 9:45 a.m. If you'd like to meet us there- we will be starting on the trail across the street from Holliston CVS- 101 Central Street. There is parking parallel to trail on Front Street.
- **June 20 - Garden in the Woods in Framingham.** The New England Wild Flower Society at *Garden in the Woods* (180 Hemenway Rd, Framingham) is the nation's oldest plant conservation organization and a recognized leader in native plant conservation, horticulture, and education. The mission is to conserve and promote the region's native plants to ensure healthy, biologically diverse landscapes. Admission: \$9/senior. Car pool leaves Sherborn Town Hall at 9:35 a.m.
- **June 27- Noon Hill Reservation in Medfield.** The walk will be 1.3 miles round trip walk to summit/back with a nice view of Foxboro stadium. Noon Hill is part of The Trustees of Reservations- <http://www.thetrustees.org/places-to-visit/greater-boston/noon-hill.html#t3> Car pool will leave Sherborn Town Hall at 9:35 am. Bring money for lunch at Brothers Marketplace Café.

Walks are FREE and open to all, but pre-registration is required. The walking program is funded through a TITLE III grant from Baybath Elder Services to Sherborn Council on Aging. Please call 508-651-7858, or e-mail: coaprogram@sherbornma.org to pre-register.