

# 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, May 1<sup>st</sup> & June 5<sup>th</sup> at 3:00pm. 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!***

## **Thursday, May 9th, Bay Circuit Trail Hike**

Meet at the Senior Center at **\*\*9:30 am NOTE TIMECHANGE\*\***.

Hike about 2 miles on the Bay Circuit Trail, the next section. We will carpool to starting point. Carl Guyer will lead. Please remember to bring bug/tick repellent and wear appropriate clothing and footwear.

## **Wednesday, May 22nd, Old Farm Trail Hike**

Meet at the Senior Center at 9:30am.

Carpool to trail. Al Bezanson will lead and talk about the history of the area. Walk about one hour. Please remember to bring bug/tick repellent and wear appropriate clothing and footwear. A hot dog cookout will follow at the farm.

## **Thursday, May 30th, Andres Institute of Art**

Meet at the Senior Center at 9:30am.

Bus to Brookline, NH, sculpture park on 140 acres. First 1/4 mile trail is a steep, rocky incline. Will be hiked slowly. Remainder of trails are wooded and gradual rise with beautiful vistas at the summit. Hike will be about 1 1/2 hours with a Picnic lunch to follow. Please bring bug/tick repellent and wear appropriate clothing and footwear.

Donation: \$20

## **Monday, June 3rd, Bike Ride/Walking Trip**

Meet at Senior Center at 9am.

Bike or walk the Shining Sea Bike Trail in Falmouth. Carpool to trail and lunch at a local restaurant after the ride/walk. Pay on your own for lunch. 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.

## **Hopkinton State Park Boating June 4,11,18,25, July 2,9,16,23,30, August 6,13,20,27 Tuesdays**

9:45am- *Wednesdays 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

A liability form must be completed before you go boating. They are available at the Park.

PLEASE SIGN UP FOR EACH SESSION SEPARATELY

Donation: \$3.00 per session

## **Thursday, June 13th, Bay Circuit Trail Hike**

Meet at the Senior Center at **\*\*9:30am\*\***

Hike about 2 miles on the Bay Circuit Trail, the next 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, June 20th, Horseback Trail Ride**

Meet at the Senior Center at 9:30am.

Carpool to Cornerstone Stables in Princeton. Trail ride about one hour. Lunch at the Mountainside Market is included. Please remember to bring sunscreen, bug/tick repellent and wear appropriate clothing and footwear. Maximum participants is 12.

Donation: \$40