

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 a more active senior. The next two meetings will be held on Wednesday, January 4th & Wednesday, February 1st, at 3:00pm. If this interests you, please plan on attending the meetings to see what it is all about. *Many of the trips are done through a car pool from the senior center parking lot.*

Snowshoe or Winter Hike

Come join us to snowshoe or winter hike. We will meet at the Senior Center and carpool to the site. There are 5 pairs of snowshoes available to borrow. Don't forget to dress in layers, warm gloves or mittens, gators or snow pants, hat or earmuffs, winter jacket, and boots. The schedule includes the following dates and locations:

Thursday, January 12	1:15pm	Walkup Reservation Westboro
Monday, January 23	9:45am	Upton State Forest
Thursday, February 9	1:15pm	Hopkinton State Park
Monday, February 27	9:45am	Warren Woods Ashland

Please sign up for these outdoor activities by calling (508) 229-4453

We will have 2 women's and 2 men's snowshoes available.

~~There is no charge~~

Cross Country Skiing Lessons at Weston Ski Track

Are you game to try cross country skiing at 10 AM on February 2, 2016 at the Weston Ski Track on the grounds of the Leo J. Martin Golf Course at 190 Park Road in Weston? They do make snow there, but we can hope for some natural snow before the event! We are planning a group lesson for 10 or more participants with the rental of equipment. The lessons and rentals are **20% cheaper** if we can get **10 or more participants**. With the discount, the 75 minute lessons and the rental of all needed equipment (boots, skis and poles) **cost \$30 for each person to be paid at the Senior Center before January 19th**. If we have **less than 10**, the cost will be **\$36.60/person**. A trail pass of \$11 is required for each person, **The Friends of the Council on Aging will generously pay this amount for each person in attendance**. All participants who rent equipment will be required to sign a waiver and release of liability before renting equipment. Please read it over and give Weston Ski Track a call or e-mail them if you have any questions. You can check out the waver beforehand at www.skiboston.com. At the bottom of their page click on Forms and Resources to get to their waver form. You will receive a paper, More Information, about this event with directions and clothing suggestions. We will be car pooling to go to this event. We need to be there at 9:30AM in order to rent our equipment, so we will meet at the Senior Center at 8:45am.

Please call the senior center at (508) 229-4453 to sign up