

INSTRUCTIONS

1. Walk Reservations: 608-757-5408
ONLY walks in *RED require Reservations. Reserve by the MONDAY before the walk.
2. Walks in Black: do NOT require reservations. Arrive to walk location, & sign in by 9:30 am.
3. Lunch Reservations: 608-757-5474
Reserve your meal NO LATER THAN the Monday before the walk.
4. Cost for lunch at the Meal Site: is a suggested donation of \$4.00, age 60+, \$10.72 under age 60.
- 3) Lunch Menus: www.co.rock.wi.us/aging-nutrition-meals

BENEFITS OF WALKING:

- Lowering cholesterol
- Lowering blood pressure
- Reducing the risk of diabetes
- Managing your weight
- Improving your mood
- Improving your memory
- Keeping you strong and fit

***REMEMBER TO SMILE AND LAUGH AS OFTEN AS YOU CAN!**

General Questions: 608-757-5408



10th YEAR OF WEDNESDAY WALKS!

The “Wednesday Walks” program offers a wonderful way to get fresh air, feel the sun, exercise, meet new people, and enjoy many unique attractions in Rock County.

WHAT'S NEW?

- Transportation is no longer provided for walks or meal sites.
- You must reserve a spot for the following walks ONLY:

6/17 BELOIT COLLEGE TOUR

8/5 LINCOLN-TALLMAN HOUSE

8/19 HOO'S WOODS

9/2 WI WAGON CO.

9/16 MILTON HOUSE

10/7 SKELLY'S

- Signed waivers are required. Once waiver is completed you are covered for the year.
- Should you wish to reserve a spot for the walks above, call by the MONDAY before the walk:

WALK RESERVATIONS: 608-757-5408

- If you wish to reserve lunch at a meal site, call by the MONDAY before the walk:

MEAL RESERVATIONS: 608-757-5474

WALK RESERVATIONS: 608-757-5408



ROCK COUNTY
WISCONSIN



10th YEAR! WEDNESDAY WALKS 2020

****PLEASE BE AWARE****

- 1) Transportation is no longer provided.
- 2) Meet at walk locations by 9:30 am.
- 3) WALKS: ONLY walks in RED require reservations.
- 4) LUNCH: ALL meal site lunches, require reservations.

ROCK COUNTY COUNCIL ON AGING

WEDNESDAY WALKS:

608-757-5408

NUTRITION/MEAL PROGRAM:

608-757-5474

**May 6th: CANCELLED d/t CV-19
Carver-Roehl Park, Wildflower Walk:**

Lead by Rock County Conservationist David Bendlin.

Walk Reservation Not Required

Address: 4907 S. Carvers Rock Rd., Clinton Park & meet at picnic area, end of Park Rd., Clinton

Meal Site: 508 Front St, Clinton

June 3rd:

Historic Evansville Self-Guided Walking Tour

Free walking guide provided by City of Evansville.

Walk Reservation Not Required

Address: 39 W. Main St., Evansville, WI.
Meet in front of Library on Main St.

Meal Site: 715 Campus Ln., Milton

June 10th:

Rotary Botanical Gardens

Walk Reservation Not Required

Address: 1455 Palmer Dr., Janesville, WI
Meal Site: 930 N. Washington St., Janesville

June 17th:

Beloit College Walking Tour

Reservation REQUIRED 608-757-5408

**Address: 700 College St/Middle College,
Beloit, WI**

Meal Site: 631 Bluff St., Beloit

July 1st:

Walking Tour of Courthouse Hill

Join historian Rich Fletcher, for a district guided walking tour of Janesville's historic Courthouse Hill

Walk Reservation Not Required

Address: Meet at Jefferson Park, corner of Atwood Ave. & E. Van Buren St. (1 blk N. of the Courthouse, then 2 blks E.)

Meal Site: 930 N. Washington St., Janesville

July 8th:

Rotary Botanical Gardens

Walk Reservation Not Required

Address: 1455 Palmer Dr., Janesville, WI

Meal Site: 930 N. Washington St., Janesville

July 15th:

Beckman Mill County Park Trails

Guided Oak Savana Hike led by Rock County Park's lead nature and tree enthusiast, Jim Hessenauer.

Walk Reservation Not Required

Address: 11600 S. County Rd. H, Beloit

Meal Site: Grinnell Hall; 631 Bluff St., Beloit

August 5th:

Lincoln-Tallman House Tour

Gorgeous historic Janesville house built by the Tallman family; once host to overnight guest U.S. President Abraham Lincoln.

Reservation REQUIRED: 608-757-5408

Address: 426 N. Jackson St., Janesville

Meal Site: 930 N. Washington St.,

Janesville

August 12th:

Rotary Botanical Gardens

Walk Reservation Not Required

Address: 1455 Palmer Dr., Janesville, WI

Meal Site: 930 N. Washington St., Janesville

August 19th:

Hoo's Woods Raptor Center

Dedicated to conservation of birds of prey, you will have the opportunity to experience co-existence between wildlife and humans.

Reservation REQUIRED: 608-757-5408

**Address: Provided at time of
Reservation**

Meal Site: 715 Campus St., Milton

No bathroom, no domestic animals

September 2nd:

Wisconsin Wagon Company

See how classic wooden toys are produced in the tradition of yesteryear.

Reservation REQUIRED 608-757-5408

Address: 507 Laurel Ave., Janesville

NOT ADA accessible, no bathroom

(WI Wagon Co. Continued)

**Meal Site: 930 N. Washington St.
Janesville**

September 16th:

Milton House

The last certified Underground Railroad Station in WI. Guests walk the same secret passageway as freedom seekers of the Underground Railroad.

Reservation REQUIRED 608-757-5408

Address: 18 S. Janesville St., Milton

Meal Site: 715 Campus Ln., Milton

September 30th:

Carver-Roehl County Park

Guided "Tree ID Hike" lead by Jim Hessenauer, Rock County Parks Lead Nature and Tree Enthusiast.

Walk Reservation Not Required

Address: 4907 S. Carvers Rock Rd., Clinton (14 mi. E. of Janesville & 4.5 mi S. of Hwy 11/14. Meet at end of Park Rd., Clinton)

Meal Site: 508 Front St, Clinton

October 7th:

Skelly's Farm Market

Enjoy Skelly's Fall highlights including the maze, pumpkins, cider, donuts & more!

Reservation REQUIRED 608-757-5408

Address: 2713 S. Hayner Rd., Janesville

**Meal Site: 930 N. Washington St.,
Janesville**

October 14th:

Big Hill Park, 1201 Big Hill Rd., Beloit

Beautiful Fall hike lead by Rock County Conservationist, David Bendlin.

Walk Reservation Not Required

Address: 1201 Big Hill Rd., Beloit

Meal Site: 631 Bluff St., Beloit

***Don't forget meal site reservations 608-757-5474**

***Walks in RED require reservations 608-757-5408**

Walks in BLACK do not require reservations