

## JOIN US!

### 9<sup>TH</sup> 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. Each trip includes group and/or car pool transportation, a walk or tour, and an optional lunchtime meal at one of Rock County’s senior dining sites.

#### WALKING OFFERS MANY HEALTH BENEFITS:

- 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!**



ROCK COUNTY  
WISCONSIN



### WEDNESDAY WALKS 2019 DATES\*

MAY 29

JUNE 26

JULY 10

JULY 24

AUGUST 7

AUGUST 14

SEPTEMBER 4

SEPTEMBER 11

OCTOBER 2

OCTOBER 23

\*RESERVATION REQUIRED: 608-757-5408

## WEDNESDAY WALKS 2019



MOBILITY MANAGEMENT

608-757-5408

## IMPORTANT INFORMATION

- **ARRIVE BY 9:00 AM:** for all Wednesday Walks.
- **MEET AT:** Rock County Council on Aging at: 3328 N. HWY 51, Janesville, WI.
- **TO REGISTER:** Call Mobility Management at: 608-757-5408.
- If you would like to make your own travel arrangements, please provide that information upon making your reservation.

### BE AWARE:

- Walks will be cancelled in case of inclement weather.
- There is not a cost for transportation, to walk or for a tour.
- Lunch at a meal site is planned following each walk for a suggested donation of \$4.00 age 60+, \$12.01 if under age 60.
- Dress for weather and wear comfortable shoes.
- **Walks take place only on the dates identified in this brochure.**

### 05/29: BELOIT COLLEGE (BELOIT): MIDDLE COLLEGE 700 COLLEGE ST

Join us for a walking tour while we listen, learn, and observe the history of Beloit College Campus which was founded in 1846 (2 years before Wisconsin became a State)!!

### 06/26: GIBBS LAKE (JANESVILLE):

9103 W. GIBBS LAKE RD., JANESVILLE

Join us while we enjoy the natural beauty of Gibbs Lake County Park. It is Rock County's largest park, almost 287 acres. The trail system provides an easy hike as the park has relatively flat terrain with gentle hills.

### 07/10: ROTARY BOTANICAL GARDENS (JANESVILLE):

1455 PALMER DR., JANESVILLE, WI

Join us while we enjoy the true beauty of nature and the variety of gardens! Fun Fact: Years ago the Rotary Gardens was actually a sand and gravel quarry. Who would have thought??

### 07/24: BECKMAN MILL (SW NEWARK TOWNSHIP):

11600 S. COUNTY RD. H, BELOIT, WI

Join us while we explore another historical site in Rock County. Did you know that the original Mill (Goodhue Distillery Mill) was destroyed by fire in 1853?

### 08/07: HELEN JEFFRIS WOOD MUSEUM CENTER (JANESVILLE):

426 N. JACKSON ST., JANESVILLE, WI

Join us while we learn about Victorian life through the eyes of the servants. If you're a fan of "Downton Abbey", this is a tour for you!

### 08/14: HOO'S WOODS RAPTOR CENTER (MILTON):

Join us while we visit Hoo's Woods Raptor Center. Meet Bill and Ted, the education screech owls; just two of the many birds you will see. They are about the size of a soda can and are very cute!

### 09/04: ICE AGE TRAIL: STORRS LAKE (MILTON):

Join us while we observe the beauty of nature's wild flowers, forest and lake. This hike is on a segment of the Ice Age National Scenic Trail. The starting point is located 1 mile east of Milton on E. Storrs Lake Rd., main parking lot, to Ice Age Trail head.

### 09/11: THE STERLING NORTH HOME & MUSEUM (EDGERTON):

409 W. ROLLIN ST. EDGERTON, WI

Join us while we step back in history and explore the boyhood home of author Sterling North, who wrote the children's book *Rascal*. The restored home now serves as a literary center and museum.

### 10/02: MAGNOLIA BLUFF PARK (EVANSVILLE AREA):

4002 N. CROAK RD., EVANSVILLE, WI

Join us while we explore Rock County's beautiful sandstone bluffs, vistas, and rolling fields!!

### 10/23: SKELLY'S FARM MARKET (JANESVILLE AREA):

2713 S. HAYNER RD., JANESVILLE, WI

Join us while we enjoy Skelly's fall highlights including pumpkins, gourds, apples, cider, and cider donuts! Don't forget the bakery, gift barn, and tons of fun around the property!