



Walking Group for Older Adults

Let's go for a walk around the neighborhood. Bring a friend or meet a new one.

Join us for our **Walking Group series**, a guided set of weekly walks designed to encourage movement, connection, and exploration. Each walk follows a beginner-friendly pace and features routes that highlight local parks, neighborhoods, and scenic paths.

This walking series is free and open to the public ages 60+. Registration is suggested but not required.

In the event of bad weather, the walk will be canceled. Bad weather includes rain, snow, sleet, poor air quality, temperatures above 85 °F or below 32°F.



Scan the QR code or click [here](#) to sign up for email walk reminders



Meet-Up Time and Locations

May 🕒 **Tuesdays**
9:00 a.m. to 10:00 a.m.

📍 **Cambridge Senior Center**
806 Mass. Avenue

Jun 🕒 **Tuesdays**
9:00 a.m. to 10:00 a.m.

📍 **Russell Youth and Community Center**
680 Huron Avenue

Sept 🕒 **Tuesdays**
9:00 a.m. to 10:00 a.m.

📍 **North Cambridge Senior Center**
2050 Mass. Avenue

Oct 🕒 **Tuesdays**
9:00 a.m. to 10:00 a.m.

📍 **Cambridge Crossing**
3 North First Street