

Saturday Morning Walking Club



Saturday, May 4 @ 9:30 am

Aman Park: One of the best parks in the area for wildflowers! Enjoy the sounds of nature... birds, the flow of the creeks, wind through the trees... This park offers flat and hilly terrain. We will feature a mile loop, with shorter and longer options. Natural trail. Parking available at the Park. 0-1859 Lake Michigan Dr, Grand Rapids, MI 49534

<https://www.grandrapidsmi.gov/files/assets/public/departments/parks-and-recreation/files/aman-park-trail-map.pdf>

Saturday, May 11 @ 10:00-12:00 am

Creston Neighborhood: Come, meet your friends and neighbors at the annual Creston Neighborhood Pancake Breakfast. Work up an appetite by walking a segment of the Creston Quarters at 9:30 then join us for pancakes. Or join North End Wellness Coalition (NEWC) Creston Walks Program and walk starting at 11:30. The Young at Heart Senior Enrichment Program and NEWC will both have a booth, encouraging new friends and welcoming our familiar friends. Come and check out all the other booths



offering a wide variety of goods and services in our own neighborhood!

<https://www.crestongr.com/>
<https://northendwellness.org/>



Saturday, May 18 @ 9:30 am

Roselle Park: This is a beautiful, paved figure eight-type paved path. Easy walking. Located on the property of the old Ada Beef Company, this 240-acre nature preserve, also offers natural trails along the Grand River. 1010 Grand River Dr NE, Ada, MI 49301.

<http://adamichigan.org/township/departments/parks-recreation/parks/roselle-park>

Saturday, May 25 @ 9:30 am

Cascade Peace Park: This trail is for the more hearty hiker. A beautiful park, it is quite hilly. It offers several loops to make your hike anywhere from 2-5 miles long. Come hike or just enjoy the variety of birds and sounds. 8900 Grand River Dr SE, Ada, MI 49301. <https://grkids.com/cascade-peace-park-hiking-michigan/>



RSVP: St. Alphonsus Young at Heart Enrichment Program

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