

Saturday Morning Walking Club

Saturday, July 5th

No Walk. Blessings for a Safe Holiday Weekend!

Saturday, July 12 @ 9:30 am



Pickerell Lake: Also known as the Fred Meijer Nature Preserve, this is a beautiful two-mile hike around a well-loved natural lake. If you haven't been to this park, this is a great time to check out the flora and fauna. The terrain is a little hilly. You may wish to bring your walking sticks.
6001 Ramsdell Rd NE, Cannonsburg, MI 49317
<https://kentcountyparks.org/pickerellake/>

Saturday, July 19 @ 9:30 am

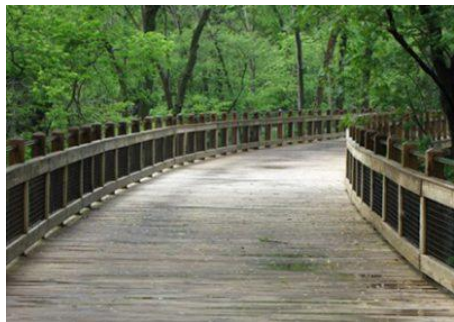


Aquinas College Campus: Take a walk through this local, inner-city College Campus. Aquinas has a lot of history, included "haunted housing" an "old" mansion and a renovated Carriage House. It is also a beautiful easily walkable campus. Park near the Performing Arts Center, **1703 Robinson**

Rd, Grand Rapids, MI 49506

<https://www.aquinas.edu/arts-at-aq/performing-arts-center.html>

Saturday, July 26 @ 9:30 am



Millenium Park: This park offers an extensive network of trails wrapped around acres of water. Totalling about 18 miles in length, we will walk a small portion of the paved trail and may see an eagle's nest and other critters. Park at the first lot on the right from the entrance to the Beach. 1415 Maynard Ave SW, Walker, MI 49534-7022

[https://kentcountyparks.org/parks-](https://kentcountyparks.org/parks-trails/millennium-park/trails/)

[trails/millennium-park/trails/](https://kentcountyparks.org/parks-trails/millennium-park/trails/)

***** Meet us at the park or Carpool from St. Alphonsus Church parking lot.
RSVP the Friday before the walk. *****

RSVP: Young at Heart Senior Enrichment Center
525 Cheshire NE, Grand Rapids, MI 49505
616- 251-1134 info@youngathheartgr.org