



---

# Walking Club Directory

## 2012

### Sponsors

**BlueCross BlueShield of Massachusetts**  
**Massachusetts Department of Public Health**  
**Massachusetts Executive Office of Elder Affairs**  
**Massachusetts Association of Councils on Aging and Senior Center Directors**



## *Welcome*

---

Physical activity can improve the overall health and well-being of older adults. Even modest levels of activity, done each day for a total of 30 minutes, can prevent or control heart disease, diabetes, osteoporosis, colon cancer and weight gain. Physical activity can be low intensity exercises like gardening, bowling and casual walking; moderate intensity exercises like stair-climbing, swimming and brisk walking; or high intensity exercises like running, bicycling and race walking. Reducing your risk of disease is not the only benefit of being physically active. You can boost your energy level, improve blood circulation, lower blood pressure, and gain stronger muscles, bones and joints. Regular physical activity can also improve self-esteem, combat depression and reduce stress.

In general, people become less physically active as they get older. Nearly 40 percent of people over the age of 55 report no leisure-time physical activity. It is important to make physical activity part of your life. Scientific evidence supports the notion that even low-intensity activities, when performed daily, can have some long-term health benefits. Add physical activity to your daily routine by taking the stairs, parking at the far side of the parking lot, walking to the store, cleaning or gardening. Engage in activities that promote endurance, strength, and flexibility, such as riding a stationary bike, using small weights, and trying yoga or Tai Chi. Always include a warm-up and cool down during your exercise session. Vary your activities according to the weather. Remember to wear comfortable clothing and footwear appropriate for the temperature, humidity and activity. Find activities that you enjoy. Remember, it is never too late to start!

Many of us, no matter what our age, are not motivated to be physically active and need the structure of a planned program to help us. Scheduling a walk with friends or being a part of a walking club can help motivate you to stick with a physical activity program. This directory was created as a resource to help you connect with community-based walking clubs.

***Make physical activity a lifetime commitment!  
Start with a walk!***

## **How to Use This Directory**

To locate a walking club near you, look through the alphabetic listing of towns in Massachusetts in this directory. Each listing provides contact information for the local walking program and information about the frequency and time of day of walks.

If there is not a walking club convenient to you, and you would be interested in starting a club or would like more information please contact:

Keep Moving Program  
Massachusetts Department of Public Health  
250 Washington Street, 4<sup>th</sup> Floor  
Boston, MA 02108

Phone: 617-624-5070

TTY: 617-624-5992

Fax: 617-624-5075

## **Abington**

---

### **Abington WOW Group**

**(781) 982-2145**

Abington Council on Aging  
500 Gliniewicz Way  
Abington, MA 02351

**Walking locations:** Abington

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1 – 2 days per week

**Time of walks:** mornings

## **Acton**

---

### **Acton Striders**

**(978) 264-9643**

Acton Council on Aging  
Town Hall / 472 Main St.  
Acton, MA 01720

**Walking locations:** Acton

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 2 or more days

**Time of walks:** mornings

## **Adams**

---

### **Senior Hoofers**

**(413) 743-8333**

Adams Council on Aging  
20 East Street  
Adams, MA 01220

**Walking locations:** Adams

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 5 or more days

**Time of walks:** mornings

## Agawam

---

### **Agawam Walkers**

Agawam Senior Center  
Meadow Brook Manor  
Agawam, MA 01001

**(413) 786-0400**

**(413) 821-0605**

**Walking locations:** Agawam

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Amherst

---

### **Amherst Walk and Talkers**

Amherst Senior Center  
70 Boltwood Street  
Amherst, MA 01002

**(413) 259-3136**

**Walking locations:** Amherst, Hadley, Northampton

**Seasons club actively walks:** autumn, spring

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Arlington

---

### **Millenium Walkers**

**Arlington Senior Association**  
27 Maple Street  
Arlington, MA 02476

**(781) 316-3420**

**Walking locations:** Arlington, Cambridge, Lexington

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Ashby

---

**Ashby Council on Aging**

**(978) 386-2424**

895 Main Street, Box 11  
Ashby, MA 01431

**Walking locations:** Ashby and surrounding areas

**Seasons club actively walks:** call for details

**Number of days a week club walks:** call for details

**Time of walks:** call for details

## Attleboro

---

**Attleboro Wanderers Walking Club**

**(508) 223-2235**

Attleboro Council on Aging  
25 South Main Street  
Attleboro, MA 02703

**Walking locations:** Attleboro, other towns on special occasions

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-3 days

**Time of walks:** mornings

---

**Attleboro Housing Authority**

**(508) 222-0151 X208**

37 Carlon Street  
Attleboro, MA 02703

**Walking locations:** Attleboro

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings or afternoons

---

## **Bedford**

---

### **Bedford COA Walking Club**

**(781) 275-6820**

Bedford Council on Aging  
12 Mudge Way  
Bedford, MA 01730

**Walking locations:** Bedford

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Belchertown**

---

### **Quabinares**

**(413) 323-0420**

Belchertown Council on Aging  
60 State Street  
Belchertown, MA 01007

**Walking locations:** Belchertown

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Bellingham**

---

### **Bellingham Birders**

**(508) 883-8254**

Bellingham Senior Center/YMCA  
40 Blackstone Street  
Bellingham, MA 02019

**Walking locations:** Bellingham

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** morning

## **Beverly**

---

### **Gab & Gait**

**(978) 921-6017**

Beverly Council on Aging  
90 Colon Street  
Beverly, MA 01915

**Walking locations:** Beverly

**Seasons club actively walks:** summer, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Billerica**

---

### **The Walking Wonders**

**(978) 671-0916**

Billerica Council on Aging  
25 Concord Road  
Billerica, MA 01821

**Walking locations:** Billerica

**Seasons club actively walks:** summer, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Boston** (See also: Charlestown, Dorchester, Hyde Park, Mattapan, Roslindale, Roxbury, West Roxbury)

---

### **Hale House Walking Club**

**(617) 536-3726**

Hale House  
273 Clarendon Street  
Boston, MA 02116

**Walking locations:** Boston

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

**Laboure Walking Club****(617) 268-9670**

Laboure Adult Day Health Center  
376 W. Ford Street  
South Boston, MA 02120

**Walking locations:** South Boston**Seasons club actively walks:** summer, spring, autumn, winter**Number of days a week club walks:** 1-2 days**Time of walks:** mornings

---

**The Sensational Seniors****(617) 541-2461**

Reggie Lewis Center  
1350 Tremont Street  
Boston, MA 02120

**Walking locations:** Boston**Seasons club actively walks:** summer, spring, autumn, winter**Number of days a week club walks:** 3-4 days**Time of walks:** mornings

---

**Aliancianos unidos****(617) 232-0634**

La Alianza Hispana  
63 Parker Hill Ave.  
Boston, MA 02119

**Walking locations:** Boston area**Seasons club actively walks:** summer, spring, autumn**Number of days a week club walks:** 1-2 days**Time of walks:** mornings and afternoons

---

**Be All You Can Be****(617) 437-0789**

Four Corners Community Health Center  
521 Shawmut Ave.  
Boston, MA 02118

**Walking locations:** South End, Cambridge**Seasons club actively walks:** summer, spring, autumn**Number of days a week club walks:** 5 or more days**Time of walks:** mornings

**Greater Boston Chinese Golden Age Walking Club**

**(617) 542-7488**

Hong Lok House  
25-31 Essex Street  
Boston, MA 02111

**Walking locations:** Boston Commons

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 5 or more days

**Time of walks:** mornings

---

**South Boston Senior Services (Ethos)**

**(617) 522-6700 x331**

555 Amory St.  
Boston, MA 02130

**Walking locations:** Mattapan area

**Seasons club actively walks:** spring

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

**Braintree**

---

**Braintree Council on Aging Walking Club**

**(781) 848-1963**

Braintree Council on Aging  
71 Cleaveland Avenue  
Braintree, MA 02061

**Walking locations:** Braintree and surrounding areas

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of Walks:** mornings

---

## **Brewster**

---

### **Brewster Walking Club**

**(508) 896-2737**

Brewster Council on Aging  
1673 Main Street  
Brewster, MA 02631

**Walking locations:** Brewster, Cape Cod

**Seasons club actively walks:** autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Bridgewater**

---

### **Ousam Indians**

**(508) 697-0929**

Bridgewater Council on Aging  
10 Wally Kruegar Way  
Bridgewater, MA 02324

**Walking locations:** varied locations

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Brockton**

---

### **Brockton COA Shoe City Walkers Walking Club**

**(508) 580-7811**

Brockton Council on Aging  
36 Main Street, 3rd Floor  
Brockton, MA 02301

**Walking locations:** Brockton

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 5 or more days

**Time of walks:** mornings, weekends

---

**Belair Stompers****(508) 427-9166**

Belair Towers  
105 Belair Street  
Brockton, MA 02301

**Walking locations:** Brockton, D.W. Field Park

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** call for current schedule

**Time of walks:** mornings

**Brookline**

---

**Sole Mates****(617) 730-2770**

Brookline Council on Aging  
93 Winchester Street  
Brookline, MA 02446

**Walking locations:** brookline, boston

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

**Cambridge**

---

**Cambridge Citywide Walking Club****(617) 349-6044**

Cambridge Senior Center  
806 Massachusetts Avenue  
Cambridge, MA 02139

**Walking locations:** Cambridge, Boston

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

---

## **Carlisle**

---

**Carlisle Walking Group**  
Carlisle Council on Aging  
P.O. Box 827  
Carlisle, MA 01741

**(978) 371-2895**

**Walking locations:** Carlisle, Concord, Bedford, Lexington  
**Seasons club actively walks:** summer, spring, autumn, winter  
**Number of days a week club walks:** 1-2 days  
**Time of walks:** mornings

## **Charlestown**

---

**Golden Age Seniors**  
Charlestown Community Center  
382 Main Street  
Charlestown, MA 02129

**(617) 635-5175**

**Walking locations:** Charlestown, Somerville, Boston  
**Seasons club actively walks:** summer, spring, autumn, winter  
**Number of days a week club walks:** 1-2 days  
**Time of walks:** mornings

## **Chatham**

---

**Chatham Walkers**  
Chatham Council on Aging and Senior Center  
193 Stonyhill Road  
Chatham, MA 02633

**(508) 945-5190**

**Walking locations:** Chatham  
**Seasons club actively walks:** summer, spring, autumn, winter  
**Number of days a week club walks:** 3-4 days  
**Time of walks:** mornings

## Charlton

---

### **Walky-Talkys of Charlton**

**(508) 248-2379**

Charlton Council on Aging  
37 Main Street  
Charlton, MA 01507

**Walking locations:** Charlton

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings & afternoons

## Chelmsford

---

### **Chelmsford Senior Center Walking Group**

**(978) 251-0533**

Chelmsford Senior Center  
75 Groton Road  
Chelmsford, MA 01863

**Walking locations:** Chelmsford, Lowell, Billerica, Carlisle

**Seasons club actively walks:** spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Chelsea

---

### **Ocean Breezes Walking Club**

**(617) 466-4377**

Chelsea Senior Center and Council on Aging  
10 Riley Way  
Chelsea, MA 02150

**Walking locations:** Chelsea

**Seasons club actively walks:** spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Chesterfield**

---

### **Chesterfield Walking Club**

**(413) 296-4007**

Chesterfield COA  
P.O. Box 7  
Chesterfield, MA 01012

**Walking locations:** Chesterfield

**Seasons club actively walks:** spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Chicopee**

---

### **Chicopee Walking Keys**

**(413) 534-3698**

Chicopee Senior Center  
7 Valley View Court  
Chicopee, MA 01020

**Walking locations:** Chicopee

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Clinton**

---

### **Spirited Walkers**

**(978) 365-9416**

Clinton Council on Aging  
200 High Street  
Clinton, MA 01510

**Walking locations:** Clinton, Lancaster, Sterling, West Boylston

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** afternoons

---

## **Dorchester**

---

### **Harbor Point Walking Club**

**(617) 288-4569**

Housing Opportunities Unlimited  
1 North Point Drive  
Dorchester, MA 02125

**Walking locations:** Dorchester

**Seasons club actively walks:** summer, spring

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

---

### **The Walking Club**

**(617) 825-5000**

John Madden Senior Center  
1500 Dorchester Avenue  
Dorchester, MA 02122

**Walking locations:** Dorchester

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** afternoons

## **Duxbury**

---

### **Senior Dux**

**(781) 934-5774**

Duxbury Council on Aging  
Duxbury Town Hall, 878 Tremont Street  
Duxbury, MA 02332

**Walking locations:** Duxbury

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

---

## **East Bridgewater**

---

### **East Bridgewater Walking Club**

**(508) 378-1610**

East Bridgewater Council on Aging  
137 Central Street  
East Bridgewater, MA 02333

**Walking locations:** east bridgewater

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 2 days a week

**Time of walks:** mornings

## **East Longmeadow**

---

### **Morning Glory Walkers**

**(413) 525-5436**

East Longmeadow Council on Aging  
328 North Main Street  
East Longmeadow, MA 01028

**Walking locations:** East Longmeadow, Springfield

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

---

### **Chancellor Trotters**

**(413) 525-8150**

Chancellor Gardens  
50 Benton Drive  
East Longmeadow, MA 01028

**Walking locations:** East Longmeadow, Longmeadow, Springfield

**Seasons club actively walks:** spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Easton

---

### **Easton Walking Club**

**(508) 230-3305**

Easton Council on Aging  
136 Elm Street  
Easton, MA 02356

**Walking locations:** varied locations

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Edgartown

---

Edgartown Council on Aging  
10 Daggett Street  
Edgartown, MA 02539

**(508) 627-4368**

**Walking locations:** beaches and surrounding areas

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Everett

---

### **The Pace Setters**

Cambridge Health Alliance  
391 Broadway  
Everett, MA 02149

**Walking locations:** Everett

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** evenings

## **Framingham**

---

### **The Walking Club**

**(508) 620-4819**

Callahan Senior Center  
535 Union Ave.  
Framingham, MA 01701

**Walking locations:** Framingham, Natick

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

---

### **Healthy Partners Walking Club**

**(508) 875-3100 ext.18**

(Hastings House, Claflin House, Chapel Hill)  
Jewish Family Services of Metrowest  
475 Franklin Street  
Framingham, MA 01702

**Walking locations:** Framingham, Natick

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 7 days

**Time of walks:** self-directed

## **Franklin**

---

### **Franklin Trail Blazers**

**(508) 520-4946**

Franklin Senior Center  
80 West Central Street  
Franklin, MA 02038

**Walking locations:** Franklin

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Gardner**

---

### **Mount Walkers**

**(978) 632-3316**

Mount Wachusett Community College  
444 Green Street  
Gardner, MA 01440

**Walking locations:** Gardner, Barre, Baldwinville

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Granby**

---

### **Granby Walking Club**

**(413) 467-3239**

Granby Council on Aging  
257 State Street  
Granby, MA 01033

**Walking locations:** Granby

**Seasons club actively walks:** summer, autumn, winter, spring

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Groton**

---

### **Groton Council on Aging**

**(978) 448-1170**

173 Main Street  
Groton, MA 01450

**Walking locations:** Groton Rail Trail

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 5 or more days

**Time of walks:** mornings

## Hadley

---

### **Dandi Liners**

**(413) 586-4023**

Hadley Council on Aging  
46 Middle Street  
Hadley, MA 01035

**Walking locations:** Hadley

**Seasons club actively walks:** spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Halifax

---

### **Halifax Hoofers**

**(781) 293-7313**

Halifax Council on Aging  
506 Plymouth Street  
Halifax, MA 02338

**Walking locations:** Halifax

**Seasons club actively walks:** spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Hanover

---

### **Hanover Council on Aging Walking Club**

**(781) 878-6361**

Hanover Council on Aging  
624 Circuit Street  
Hanover, MA 02339

**Walking locations:** Hanover

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3 days a week

**Time of walks:** mornings

## Hanson

---

### Hanson Senior Trotters

(781) 293-2683

Hanson Council on Aging  
132 Maquan Street  
Hanson, MA 02341

**Walking locations:** Hanson

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Harwich

---

### Harwich Hikers

(508) 430-7550

Harwich Council on Aging  
728 Main Street  
Harwich, MA 02645

**Walking locations:** Harwich, Chatham, Dennis

**Seasons club actively walks:** spring autumn winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Haverhill

---

### Haverhill

(978) 374-2160

Bethany Homes  
22 Phoenix Row  
Haverhill, MA 01830

**Walking locations:** Salisbury, Salem

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Hingham

---

### Heels

(781) 741-1458

Hingham Council on Aging  
224 Central Street  
Hingham, MA 02043

**Walking locations:** Hingham

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Holden

---

### Senior Walkers of Holden

(508) 829-0270

Holden Council on Aging  
1128 Main Street  
Holden, MA 01520

**Walking locations:** Holden, Worcester, Paxton, Rutland, Shrewsbury

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Hopedale

---

### Hopedale Walking Club

(508) 473-9310

Hopedale Community House  
Hope Street  
Hopedale, MA 01747

**Walking locations:** Hopedale

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Hudson

---

### **The Walkers**

**(978) 568-9638**

Hudson Council on Aging  
29 Church Street  
Hudson, MA 01749

**Walking locations:** Hudson

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Hyannis

---

### **Barnstable Happy Hoofers**

**(508) 862-4750**

Barnstable Senior Center  
825 Falmouth Road  
Hyannis, MA 02601

**Walking locations:** Hyannis area, Centerville, Osterville

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Hyde Park

---

### **Hyde Park Walking Group**

**(617) 361-1187**

15 Chittick Road  
Hyde Park, MA 02136

**Walking locations:** Hyde Park

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Jamaica Plain**

---

### **Nate Smith House Walking Club**

**(617) 524-2294**

Nate Smith House  
155 Lamartine Street  
Jamaica Plain, MA 02130

**Walking locations:** Jamaica Plain

**Seasons club actively walks:** spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Kingston**

---

### **Kingston Walkers**

**(781) 585-0511**

Kingston Council on Aging  
Reed Center, 33A Summer St., P.O. Box 234  
Kingston, MA 02364

**Walking locations:** Kingston, Duxbury

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Lanesboro**

---

### **Fallen Arches**

**(413) 448-2682**

Lanesboro Council on Aging  
83 North Main Street  
Lanesboro, MA 01237

**Walking locations:** Lanesboro, Pittsfield

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Leicester**

---

### **Leicester Walkers**

**(508) 892-8732**

Leicester Senior Center  
3 Washburn Square  
Leicester, MA 01524

**Walking locations:** Leicester

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Leominster**

---

### **Leominster Walking Club**

**(978) 534-7511**

Leominster Senior Center  
5 Pond Street  
Leominster, MA 01453

**Walking locations:** Leominster (at the high school)

**Seasons club actively walks:** winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** afternoons

## **Lowell**

---

### **Dracot Walking Group**

**(978) 57-2611**

Dracot Council on Aging  
951 Mammoth Road  
Dracot, MA 01826

**Walking locations:** Lowell (along the river)

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

---

**Lowell Walking Group**  
Lowell Council on Aging  
400 Merrimack Street  
Lowell, MA 01854

**(978) 970-4135**

**Walking locations:** Lowell

**Seasons club actively walks:** summer, spring

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Ludlow**

---

**Ludlow Senior Center Sunflowers**

**(413) 583-3564**

Ludlow Senior Center  
37 Chestnut Street  
Ludlow, MA 01056

**Walking locations:** Ludlow, Springfield

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Malden**

---

**(781) 397-7144**

**Malden Walkers**

200 Pleasant St., Rm. 121  
Malden, MA 02148

**Walking locations:** Malden

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Manchester**

---

### **Body and Sole**

**(978) 526-7500**

Manchester Council on Aging  
Town Hall, Central Street  
Manchester, MA 01944 1399

**Walking locations:** Manchester

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Mansfield**

---

### **Puddle Ducks**

**(508) 261-7368**

Mansfield Council on Aging  
255 Hope Street  
Mansfield, MA 02048

**Walking locations:** Mansfield, Foxboro, Easton, Taunton, Attleboro

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Marion**

---

### **Marion Walking Club**

**(508) 748-3570**

Marion Council on Aging  
2 Spring Street  
Marion, MA 02738

**Walking locations:** Marion

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings, afternoons

## **Marlboro**

---

### **Marlboro COA Walking Club**

**(508) 485-6492**

Marlboro Council on Aging  
250 Main Street  
Marlboro, MA 01752

**Walking locations:** Marlboro

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** afternoons

## **Marshfield**

---

### **Marshfield Walking Club**

**(781) 834-5581**

Marshfield Council on Aging  
1 Library Plaza  
Marshfield, MA 02050

**Walking locations:** Marshfield

**Seasons club actively walks:** spring

**Time of walks:** mornings

## **Mashpee**

---

### **Mashpee Walkers Talkers**

**(508) 539-1440**

Mashpee Council on Aging  
500 Greatneck Road North  
Mashpee, MA 02649

**Walking locations:** Mashpee

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Mattapan**

---

### **Fieldstone Walking Club**

**(617) 265-4919**

Fieldstone Apartments  
Mattapan, MA 02124

**Walking locations:** Dorchester

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** afternoons

---

### **Shangri La Walking Club**

**(617) 298-0986**

Colorado St. Citizens Group  
24 Colorado Street  
Mattapan, MA 02126

**Walking locations:** Boston, Jamaica Plain, Roxbury, Mattapan

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 5 or more days

**Time of walks:** mornings, evenings, weekends

## **Medway**

---

### **Medway Senior Walkers**

**(508) 533-7236**

Medway COA  
76 Oakland Street  
Medway, MA 02053

**Walking locations:** Medway

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1 - 2 days

**Time of walks:** mornings

---

## **Medford**

---

**Medford Walking Club**

**(781) 396-6010**

Medford Council on Aging  
101 Riverside Avenue  
Medford, MA 02155

**Walking locations:** Medford

**Seasons club actively walks:**

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Medway**

---

**Medway Walking Club**

**(508) 533-3210**

Medway Senior Center  
76 Oakland Street  
Medway, MA 02053

**Walking locations:** Medway and surrounding areas

**Seasons club actively walks:** spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Merrimac**

---

**Merrimac Council on Aging Walking Club**

**(978) 346-9549**

**Merrimac Council on Aging**  
100 Main Street  
Merrimac, MA 01860

**Walking locations:** Merrimac and surrounding areas

**Weasons club actively walks:** call for details

**Number of days a week club walks:** call for details

**Time of walks:** mornings

## Millbury

---

### **Millbury Walking Club**

**(508) 865-9154**

Millbury COA  
One River Street  
Millbury, MA 01527

**Walking locations:** Millbury

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Milford

---

### **Silver Sneakers**

**(508) 473-8334**

Milford Senior Center  
60 North Bow Street  
Milford, MA 01757

**Walking locations:** Milford

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Millis

---

### **The Millis Milers**

**(508) 376-7051**

Millis Senior Center  
900 Main Street  
Millis, MA 02054

**Walking locations:** Millis

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Milton

---

### **Milton Marchers**

**(617) 898-1094**

Milton Council on Aging  
10 Walnut Street  
Milton, MA 02186

**Walking locations:** Milton, Boston, Braintree, Weymouth, Hingham

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Needham

---

### **Charles River Walking Club**

**(508) 653-8856**

Deaconess Glover Hospital  
148 Chestnut Street  
Needham, MA 02492

**Walking locations:** Needham, Dover, Wellesley, Natick, Medfield

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings, afternoons

---

### **Senior Walking Club**

**(781) 455-7537**

Needham Park and Recreation Department  
1471 Highland Avenue  
Needham, MA 02492

**Walking locations:** Needham

**Seasons club actively walks:** spring, autumn, winter

**Number of days a week club walks:** 3- 4 days

**Time of walks:** mornings & afternoons

## **New Bedford**

---

### **New Bedford Walking Club**

**(508) 997-4882**

New Bedford Council on Aging  
572 Pleasant Street  
New Bedford, MA 02740

**Walking locations:** New Bedford

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Newbury**

---

### **Newbury Walking Group**

**(978) 462-8114**

Newbury Council on Aging  
63 Hanover Street  
Newbury, MA 01951

**Walking locations:** Newbury

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Newton**

---

### **Fig Newtons**

**(617) 796-1506**

Newton Parks & Recreation  
70 Crescent Street  
Newton, MA 02466

**Walking locations:** Newton

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 5 or more days

**Time of walks:** mornings, weekends

## North Adams

---

### **Young at Heart Walkers**

**(413) 662-3125**

North Adams Council on Aging  
116 Ashland Street  
North Adams, MA 01247

**Walking locations:** North Adams

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## North Andover

---

### **Jimmy Buffett Walking Club**

**(978) 688-9560**

North Andover Senior Center  
120 R Main Street  
N. Andover, MA 01845

**Walking locations:** N. Andover area

**Seasons club actively walks:** call for details

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Northboro

---

### **Sunshine Gang**

**(508) 393-5035**

Northboro Senior Center  
1 Centre Drive  
Northboro, MA 01532

**Walking locations:** Northboro, Westboro, Shrewsbury

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

---

## **North Billerica**

---

### **Live Care Center**

**(781) 667-2166**

80 Boston Road  
N. Billerica, MA 01862

**Walking locations:** N. Billerica area

**Seasons club actively walks:** call for details

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **North Reading**

---

### **The North Reading Wednesday Walkers**

**(978) 664-5600**

Edith A O'Leary Senior Center  
157 Park Street  
North Reading, MA 01864

**Walking locations:** high school track & town locations

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** "wednesday is walking day"

**Time of walks:** 5:30 a.m. meet at senior center for warm up and pep talk

## **Norwood**

---

### **Norwood Walking Club**

**(781) 762-1201**

Norwood Senior Center  
275 Prospect Street  
Norwood, MA 02062

**Walking locations:** Norwood

**Seasons club actively walks:** spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** afternoons

## Oak Bluffs

---

### **Oak Bluffs Walking Club**

**(508) 693-4509**

Oak Bluffs Council on Aging  
Wamsutta Avenue, P.O. Box 573  
Oak Bluffs, MA 02557

**Walking locations:** Oak Bluffs

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Oakham

---

### **Oakham Walking Club**

**(508) 882-3358**

Oakham Council on Aging  
P.O. Box 173  
Oakham, MA 01068

**Walking locations:** Oakham

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Orleans

---

### **Orleans Walking Club**

**(508) 255-6333**

Orleans Council on Aging  
150 Rock Harbor Road  
Orleans, MA 02635

**Walking locations:** Orleans, Brewster, and surrounding towns

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Peabody

---

### **Peabody TLC Walking Club**

**(978) 531-2254**

Peabody Council on Aging  
286 Newbury Street, # 45  
Peabody, MA 01960

**Walking locations:** Peabody

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Pembroke

---

### **Walking Group**

**(781) 294-8220**

Pembroke Council on Aging  
Town Hall, 100 Center Street  
Pembroke, MA 02359

**Walking locations:** Pembroke, mall walkers

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Pittsfield

---

### **Breakfast Club**

**(413) 499-9346**

Senior Center, YMCA, & Melbourne Place  
330 North Street  
Pittsfield, MA 01201

**Walking locations:** Pittsfield

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** meets once a month

**Time of walks:** mornings

## Plainville

---

### **Plainville Walking Club**

**(508) 699-7384**

Friends of Plainville Seniors  
9 School Street  
Plainville, MA 02762

**Walking locations:** Plainville

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Plymouth

---

### **Plymouth**

**(508) 830-4230**

Plymouth Council on Aging  
10 Cordage Park Circle, Suite 108  
Plymouth, MA 02360

**Walking locations:** Plymouth

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 5 or more days

**Time of walks:** mornings

## Plympton

---

### **Walky-Talkers**

**(781) 585-8160**

85 Ring Road  
Plympton, MA 02367

**Walking locations:** Plympton, Kingston, Plymouth

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings, afternoons

## Princeton

---

### **Princeton Walkers**

**(978) 464-5977**

Princeton Council on Aging  
6 Towne Hall Drive  
Princeton, MA 01541

**Walking locations:** Princeton, Rutland

**Seasons club actively walks:**

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Quincy

---

### **Walk of Ages**

**(617) 471-5712**

Beechwood Community Center  
440 East Squantum Street  
Quincy, MA 02171

**Walking locations:** Quincy

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Raynham

---

### **Raynham Walkers**

**(508) 824-2740**

Park and Recreation  
2215 King Philip Street PO Box 84  
Raynham, MA 02768

**Walking locations:** Raynham, Taunton; Plymouth on occasion

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Reading

---

### **In Town Walkers**

**(781) 942-9057**

Reading Elder Services  
16 Lowell Street  
Reading, MA 01867

**Walking locations:** Reading

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Rehoboth

---

### **Rehoboth Walking Club**

**(508) 252-3372**

Rehoboth Council on Aging  
320 Anawan Street  
Rehoboth, MA 02769

**Walking locations:** Rehoboth

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Rochester

---

### **Rochester Rockettes**

**(508) 763-8723**

Rochester Council on Aging  
1 Constitution Road  
Rochester, MA 02770

**Walking locations:** Rochester

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 5 or more days

**Time of walks:** mornings

## Rockport

---

### **Walkie Talkies**

**(978) 546-2573**

Rockport Council on Aging  
4 Broadway  
Rockport, MA 01966

**Walking locations:** Rockport

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Roslindale

---

### **Pondside Patrollers**

**(617) 363-2329**

Rogerson Community Adult Day Health  
23 Florence Street  
Roslindale, MA 02131

**Walking locations:** Roslindale, Jamaica Plain

**Seasons club actively walks:** summer, spring

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

---

### **Roslindale House Walking Club**

**(617) 327-1503**

Roslindale House  
120 Poplar Street  
Roslindale, MA 02131

**Walking locations:** Roslindale

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** afternoons

## Roxbury

---

### **Aliancanos**

**(617) 427-7175 x243**

La Alianza Hispana, Inc.  
409 Dudley Street  
Roxbury, MA 02119

**Walking locations:** Roxbury, Jamaica Plain, Dorchester, Braintree

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

---

### **Council Towers Walkers Club**

**(617) 427-8194**

Council Towers  
2875 Washington Street  
Roxbury, MA 02119

**Walking locations:** Roxbury, Jamaica Plain

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

---

### **Saint Joseph Walking Club**

**(617) 427-3326**

Saint Joseph Community Housing  
86 Crispus Atticks Place  
Roxbury, MA 02119

**Walking locations:** Roxbury, Jamaica Plain

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

---

**Roxbury Holy Temple Church**

**(617) 442-1531**

14 Lambert Ave.  
Roxbury, MA 02119

**Walking locations:** Jamaica Plain Pond

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** afternoon

---

**Roxbury Tenants of Harvard**

**(617) 232-0400**

11 New Whitney St.  
Boston, MA 02115

**Walking locations:** Roxbury area

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

**Rutland**

---

**Rutland Early Brids**

**(508) 886-9004**

Rutland Council on Aging  
250 Main Street  
Rutland, MA 01543

**Walking locations:** Rutland, Princeton, Paxton

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Scituate

---

### **Scituate Walking Club**

**(781) 545-8722**

Scituate Senior Center and Council on Aging  
27 Brook Street  
Scituate, MA 02066

**Walking locations:** Scituate

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Seekonk

---

### **Seekonk Trotters**

**(508) 336-8772**

Seekonk Council on Aging  
320 Pleasant Street  
Seekonk, MA 02771

**Walking locations:** Seekonk, Boston & Cape Cod on special occasions.

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Shrewsbury

---

### **Shrewsbury Senior Steppers**

**(508) 841-8640**

Shrewsbury Council on Aging  
15 Parker Road  
Shrewsbury, MA 01545

**Walking locations:**

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Somerville

---

### **Somerville Strollers**

**(617) 625-6600**

Somerville Council on Aging  
167 Holland Street  
Somerville, MA 02143

**Walking locations:** Somerville, Boston, Marblehead

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Southborough

---

### **Senior Striders**

**(508) 229-4452**

Southborough Recreation  
17 Common Street  
Southborough, MA 01772

**Walking locations:** Southborough

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## South Hadley

---

### **Walk & Talk**

**(413) 538-5042**

South Hadley Council on Aging  
45 Dayton Street  
South Hadley, MA 01075

**Walking locations:** South Hadley

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

---

## Springfield

---

### **Walking Wildcats**

**(413) 787-6487**

Department of Elder Affairs  
1600 East Columbus Avenue  
Springfield, MA 01103

**Walking locations:** Springfield

**Seasons club actively walks:** summer

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Stoughton

---

### **Stoughton Striders**

**(781) 344-8514**

Stoughton Council on Aging  
110 Rockland Street  
Stoughton, MA 02072

**Walking locations:** Stoughton

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Stow

---

### **Apple Dumpling Gang**

**(978) 897-1880**

Stow Council on Aging  
380 Great Road  
Stow, MA 01775

**Walking locations:** Stow

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** daily

**Time of walks:** mornings, 8:30 a.m. In summer, 9 a.m. Other seasons.

## **Sturbridge**

---

### **Sturbridge Walking Club**

**(978) 443-3055**

Sturbridge Council on Aging  
PO Box 746  
Sturbridge, MA 01776

**Walking locations:** Sturbridge

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Sutton**

---

### **Walking for the Health of It**

**(508) 234-0703**

Sutton Senior Center  
20 Hough Road  
Sutton, MA 01590

**Walking locations:** Sutton

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Swansea**

---

### **Swansea Steppers**

**(508) 676-1831**

Swansea Council on Aging  
450 Ocean Grove Avenue  
Swansea, MA 02777

**Walking locations:** Swansea and surrounding areas

**Seasons club actively walks:** summer, spring

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Templeton

---

### **Templeton Walking Club**

**(978) 632-4592**

Templeton Council on Aging  
PO Box 244 E. Templeton  
Templeton, MA 01438

**Walking locations:** Templeton (at the high school)

**Seasons club actively walks:** spring, autumn

**Number of days a week club walks:** 5 or more days

**Time of walks:** afternoons, evenings

## Tewksbury

---

### **Swinging Seniors**

**(978) 640-4473**

Tewksbury Senior Center  
175 Chandler Street  
Tewksbury, MA 01876

**Walking locations:** Tewksbury

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Topsfield

---

### **Keep Walking and Smiling**

**(978) 887-1523**

Topsfield Council on Aging  
Town Hall, 8 W. Common Street  
Topsfield, MA 01983

**Walking locations:** Topsfield, Newburyport, Danvers

**Seasons club actively walks:** spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Upton Council on Aging**

---

### **Upton Walk Club**

**(508) 529-4558**

Upton Senior Center  
1 Centennial Drive  
P. O. Box 610  
Upton, MA 01568

**Walking locations:** Upton

**Seasons club actively walks:** spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Walpole**

---

### **Walpole Walk a Longs**

**(508) 668-3330**

Walpole Council on Aging  
135 School Street, Town Hall  
Walpole, MA 02081

**Walking locations:** Walpole

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Webster**

---

### **Webster Walkers**

**(508) 949 - 3845**

Webster Council on Aging  
116 School Street  
Webster, MA 01570

**Walking locations:** Webster

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## Wellesley

---

### **Wellesley Keep Moving**

**(781) 237-1577**

Wellesley Council on Aging  
219 Washington Street  
Wellesley, MA 02481

**Walking locations:** Wellesley

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Westborough

---

### **Westborough Walking Club**

**(508) 366-3000**

Westborough Council on Aging  
4 Rogers Road  
Westborough, MA 01581

**Walking locations:** Westborough

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## West Bridgewater

---

### **Wee Bee Walkers**

**(508) 588-4418**

Council on Aging  
2 Spring Street  
West Bridgewater, MA 02379

**Walking locations:** West Bridgewater

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Westfield**

---

### **Westfield Walkers**

**(413) 562-9624**

Council on Aging  
40 Main Street  
Westfield, MA 01085

**Walking locations:** Westfield

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1 day

**Time of walks:** mornings

## **Westminster**

---

### **Walkers of Westminster**

**(978) 874-7402**

Westminster Council on Aging and Friendship Club  
127 Main Street  
Westminster, MA 01473

**Walking locations:** Westminster, Gardner

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **West Roxbury**

---

### **J.O.Y. (Just Over Youth) Walkers**

**(617) 994-9808**

75 Eastwood Circle  
West Roxbury, MA 02132

**Walking locations:** West Roxbury, Roslindale, Jamaica Plain, S. Boston

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **West Springfield**

---

### **Rise and shine walkers**

**(413) 263-3264**

West Springfield Council on Aging  
128 Park Avenue  
West Springfield, MA 01089

**Walking locations:** West Springfield

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Weston**

---

### **Weston Walkers**

**(781) 893-0154**

Weston Council on Aging  
20 Alphabet Lane  
Weston, MA 02493

**Walking locations:** Weston

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings/ afternoons

## **Weymouth**

---

### **Weymouth Happy Hikers**

**(781) 337-9702**

Weymouth Council on Aging  
182 Green Street  
Weymouth, MA 02191

**Walking locations:** Weymouth

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** morning

## **Woburn**

---

### **Woburn Walkers**

**(781) 897-5965**

Woburn Council on Aging  
144 School Street  
Woburn, MA 02108

**Walking locations:** Woburn and surrounding areas

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Whitman**

---

### **Toll House Cookies**

**(781) 447-7619**

Whitman Council on Aging  
16 Hayden Avenue  
Whitman, MA 02382

**Walking locations:** Whitman

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Whitenville**

---

### **Jolly Walkers of Whitenville**

Alternatives Unlimited  
54 Douglas Rd.  
Whitenville, MA 01588

**Walking locations:** Whitenville, Uxbridge

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## Wilbraham

---

### **Wilbraham Walkie Talkies**

**(413) 543-8201**

Wilbraham Senior Center  
88 Stony Hill Road  
Wilbraham, MA 01095

**Walking locations:** Wilbraham, Hampden, Monson

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1- 2 days

**Time of walks:** mornings

## Winchendon

---

### **Winchendon Council on Aging**

**(978) 297-0415**

108 Ipswich Drive  
Winchendon, MA 01475

**Walking locations:** Winchendon

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1- 2 days

**Time of walks:** mornings

## Winthrop

---

### **Viking Striders**

**(617) 846-8538**

Winthrop Council on Aging  
35 Harvard Street  
Winthrop, MA 02152

**Walking locations:** Winthrop; also North End, Quincy, Swampscott

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** 3-4 days

**Time of walks:** mornings

## **Worcester**

---

### **Worcester Walkers**

**(508) 799-5067**

Worcester Elder Affairs  
Worcester Senior Center  
128 Providence Street  
Worcester, MA 01604

**Walking locations:** Worcester

**Seasons club actively walks:** summer, spring, autumn

**Number of days a week club walks:** 1-2 days

**Time of walks:** mornings

## **Wrentham**

---

### **Trail Blazers**

**(508) 384-5425**

Wrentham Council on Aging  
PO Box 480  
Wrentham, MA 02093

**Walking locations:** Wrentham

**Seasons club actively walks:** summer, spring, autumn, winter

**Number of days a week club walks:** twice a week

**Time of walks:** mornings