



MAY 2026 PROGRAMS

All programs are free and open to the public. Children must be accompanied by an adult. Reasonable accommodation is available upon request. Programs meet at various locations as noted. Inclement weather, including rain and high winds may cancel programs. To confirm or for more information, please call (617) 721-4132.

 ADA/Reasonable Accommodation
617-645-0358 | Moneesha.dasgupta2@mass.gov

Coming events

Tuesdays
1:00-2:30 pm
May 12 & 19
&
Saturday
1:00-2:30 pm
May 16

Piping Plovers & Birds of the Shore

Ages: All ages, children must be accompanied by an adult.
Meet At: Outside the Maximillian X. Carbone Lifeguard Station, and on the beach between entrances 7 & 8.
Drop in anytime during the program to learn about piping plovers and other shoreline birds, including Bonaparte's Gull and Common Terns that frequent the coast in summer. Learn more about Mass DCR's bird conservation efforts. Binoculars and a spotting scope will be available for you to use, for the chance to see these birds up close.

Wednesdays
10:00-11:30 am
May 13 & 27

A Mindful Awakening with Nature

Engage your senses to deepen your connection with nature and boost peace, creativity, and health. Expect sitting, standing, and short walks. Bring a small chair, blanket, or pad to sit on. Late arrivals may find us on the lawn or beach.

Ages: Adults, and teens accompanied by an adult.
Meet At: Outside the Maximillian X. Carbone Lifeguard Station and on the beach between entrances 7 & 8.