



# North Region Coastal District Winthrop Shore Reservation

Department of Conservation and Recreation

## SUMMER PROGRAMS JUNE-AUGUST 2025



ADA/Reasonable Accommodations  
617-645-0358 | [moneesha.dasgupta2@mass.gov](mailto:moneesha.dasgupta2@mass.gov)

All Programs are free and open to the public. Please dress for the weather. Programs are cancelled during inclement weather including high winds and extreme heat.

**Location:** Winthrop Beach, on the sidewalk along Winthrop Shore Drive, Winthrop, MA across from Cutler Street. If you are late look for us on the

<b>9:00—10:30am</b> <b>Friday</b> <b>June 13</b> <b>July 11</b> <b>August 8</b>	<b>A MINDFUL AWAKENING WITH NATURE</b>  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. <b>Ages:</b> Adults and teens with adults.
<b>10:00—11:30am</b> <b>Wednesday</b> <b>July 9 &amp; 23</b>	<b>THE QUIET BEAUTY OF BIRDING</b>  Come join us for an up-close look at shorebirds in action! Observe species like the American Oystercatcher, Semipalmated Sandpiper, and more as they make their way south for migration. Share your insights, ask questions, and connect with fellow bird enthusiasts. <b>Ages:</b> For adults & kids 8+. Children must be with an adult.
<b>9:30—11:00am</b> <b>Wednesday</b> <b>August 6 &amp; 20</b>	
<b>9:00—10:30am</b> <b>Wednesday</b> <b>July 16 &amp; 30</b>  <b>Thursday</b> <b>August 14</b>  <b>Friday August 29</b>	<b>TIDEPOL DISCOVERY</b>  Discover the animals that make the tidepool their home and discover why it's so important to care for both these fragile creatures and the special place where they live. Nets will be provided for the gentle and brief capture and release of tidepool wildlife. Please handle all creatures with care and return them promptly to their habitat. Be ready for wet feet and slippery rocks as you explore! Co-sponsored by The Friends of Winthrop Beach. <b>Ages:</b> For adults & kids 5+. Children must be with an adult.

coming events