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
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, 4th Floor
Boston, MA 02108

Phone: 617-624-5070
TTY: 617-624-5992
Fax: 617-624-5075
Abington

**Abington WOW Group**
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**
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**
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  (413) 786-0400
Agawam Senior Center  (413) 821-0605
Meadow Brook Manor
Agawam, MA 01001

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  (413) 259-3136
Amherst Senior Center
70 Boltwood Street
Amherst, MA 01002

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  (781) 316-3420
Arlington Senior Association
27 Maple Street
Arlington, MA 02476

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

Quabinaires  (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**
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**
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**
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
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
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
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
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  
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  
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  
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       (978) 371-2895
Carlisle Council on Aging
P.O. Box 827
Carlisle, MA  01741

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          (617) 635-5175
Charlestown Community Center
382 Main Street
Charlestown, MA  02129

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             (508) 945-5190
Chatham Council on Aging and Senior Center
193 Stonyhill Road
Chatham, MA  02633

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**  
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**  
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**  
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**
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

Walking locations: beaches and surrounding aeras
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
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
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
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
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
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
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**
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**
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**
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**  
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**  
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**  
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

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
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

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
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
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
Merrimac Council on Aging
100 Main Street
Merrimac, MA  01860

Walking locations: Merrimac and surrounding areas
Seasons 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  
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  
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  
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
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
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
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
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
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 Bridges
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

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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
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
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
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
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
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
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**
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**
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

**Whitinville**

**Jolly Walkers of Whitinville**
Alternatives Unlimited  
54 Douglas Rd.  
Whitinville, MA 01588

Walking locations: Whitinville, 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