



Cambridge Senior Center (806 Mass. Ave.)

Special events



Connecting With Cambridge's Green Spaces

Guided Mindful Nature Walk Around Fresh Pond Reservation

Tuesday May 20, 2025

10 – 11:30 a.m.

Join us as we now take our mindful nature experience from the Senior Center outdoors and around Cambridge. We will be meeting at Fresh Pond Reservation where we can "walk the talk" of experiencing nature with all of our senses while taking a gentle stroll with frequent pauses to sit, reflect and share.

- Participants should be comfortable walking leisurely on paved paths and possibly a small hill for less than 1 mile.
- The pace and paths can be adapted to the group's needs and interests.
- Please note that there are some benches scattered along the way, and that bathroom facilities are at the Water Treatment Plant/Ranger's Station at the main building where our walk starts and ends.
- We will meet under the water treatment center's clock tower facing the water.

Registration is Required. Transportation available from the Cambridge Senior Center or meet us there.

For more information, call the Council on Aging at 617-349-6220



This program is for ages 60 years and older.

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

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