



Cambridge Senior Center (806 Mass. Ave.)

Special events



## **Connecting With Cambridge's Green Spaces**

### **Guided Mindful Nature Walk Around Mt. Auburn Cemetery with Stefanie Haug**

**Tuesday, June 17, 2025**

**10 – 11:30 a.m.**

Join us as we now take our mindful nature experience from the Senior Center outdoors and around Cambridge. Our first outing will be to Mount Auburn Cemetery 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 for about 1 mile.
- The pace and paths can be adapted to the group's needs and interests.
- Limited bench seating available
- Bathroom facilities located at the Visitor Center at the main entrance

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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