

SENIOR CENTER WALKING ROUTE



Directions: Begin at the Senior Center, located at 23 Priscilla Place. From the front door, turn left on Priscilla Place and complete the loop around the parking lot. Walk back toward the front door of the Senior Center, heading for Huntington Turnpike. Turn left on Huntington Turnpike and use the crosswalk to cross to Hilltop Drive. Turn left on Hilltop Circle. Turn right on Hilltop Drive. Turn around and walk back toward Huntington Turnpike. Using the crosswalk, cross the Turnpike and turn left. Turn right on Priscilla Place and return to the Senior Center.

Walking Tips:

- Dress appropriately! Wear comfortable sneakers and bright, reflective clothing so others can see you.
- Stay hydrated! Always bring a bottle of water with you.
- Consult your doctor before beginning a new exercise routine.