

Summer Senior Walks



Champion Your Health



June –
September
2026



Dear Cleveland Residents,

On behalf of the City of Cleveland, I'm excited to invite you to our longest Summer Senior Walk series ever. This event now starts in June and is completed in September!

The theme of this year's Older American's Month is "Champion Your Health", and we hope you'll do just that.

This year, we offer you 16 impactful, active, and fun walks, and like previous years, we're at some of Cleveland's most scenic and historic locations.

These walks are a wonderful opportunity to:

- Explore the city
- Connect with community resources
- Engage with the Aging staff
- Spend quality time with friends — old and new
- Meet members of our safety forces: Cleveland Police, Fire, and EMS

As a wise senior once said, "If you rest, you rust." So lace up your walking shoes, bring a friend, and let's keep moving—together.

We look forward to seeing you out there!

Warm regards,



Mayor Justin M. Bibb



Know Before You Go

- Walks are **FREE** and **FUN**. There is no cost to attend, and every walk (or roll, mobility aids are welcome) is at your own pace!
- **Walks start at 9:00 a.m.**
- Every participant receives a Senior Walk T-shirt and resource bag.
- Toilets that flush available at each site.
- Pre-register for the walks, to receive a call if a walk is cancelled due to inclement weather.
- Bring a Friend and share the joy of walking!

Registration

For more details on registration, see the back page
or call Nicole: (216) 664-6152

Notes

Exercise Tips

Here are some practical and safe exercise tips for older adults:

- **Check with Your Doctor First**
 - Get medical clearance before starting any new exercise program.
- **Start Slow and Progress Gradually**
 - Begin with low-impact activities like walking, swimming, or chair exercises.
- **Focus on Four Key Areas**
 - Cardio: Brisk walking, cycling, or swimming
 - Strength Training: Light weights
 - Balance: Tai chi, or yoga
 - Flexibility: Gentle stretching or yoga
- **Warm Up and Cool Down**
 - Always warm up with 5–10 minutes of light activity and stretch afterward to prevent stiffness.
- **Listen to Your Body**
 - Stop if you feel dizzy, short of breath, or experience chest pain or joint pain.
- **Stay Hydrated**
 - Drink water before, during, and after exercise
- **Make It Social and Fun**
 - Exercise with a friend or join group classes designed for seniors for motivation and consistency.
- **Be Consistent**
 - Aim for at least 150 minutes of moderate exercise per week.

Walk 1

Wednesday, June 3rd

9:00 AM

Zelma W. George NRRC

3155 Martin Luther King Jr. Drive, 44104

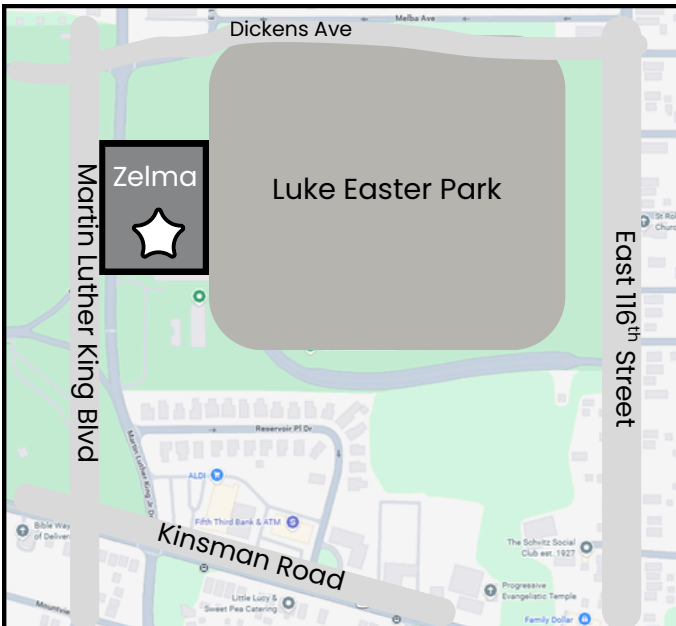
-Meet inside of the center

Featuring:

- **Art** to Go from Cleveland Museum of Art
- **Boxed lunch** for the first 300 walkers
- **Free exercise bands** for all participants

Map

Enter the parking lot via MLK Blvd



Walk 2

Wednesday, June 10th

9:00 AM

Frederick Douglass NRRC

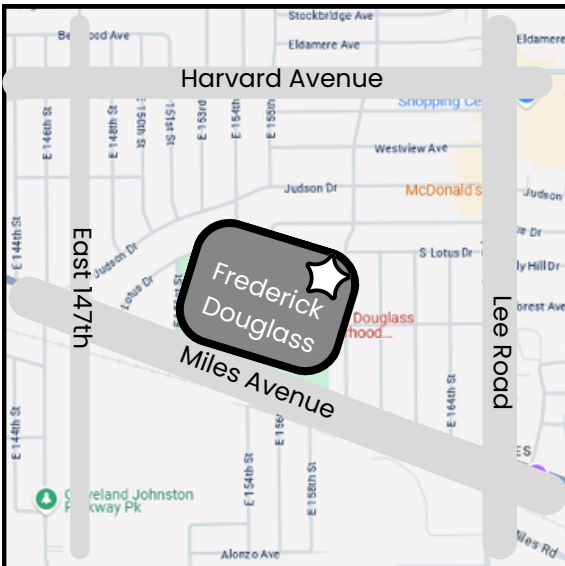
15401 Miles Avenue, 44128

Featuring:

- **Boxed lunch** for the first 300 walkers
- **Senior Swim** - bring your swim suit and join us after the walk in the pool
- **Free cooling wrap** for all participants

Map:

Enter the parking lot via Miles Avenue



Walk 3

Wednesday, June 17th

9:00 AM

Loew Park

2919 Oak Park Avenue, 44109

Featuring:

- **Silver Spokes** - A presentation by Bike Cleveland about sharing the road with cyclists and an opportunity to ride age-friendly bicycles after the walk.

Map:

Parking is available in parking lot and along side streets



Walk 4

Wednesday, June 24th

9:00 AM

Tri-C Metro Campus Track

3409 Woodland Avenue, 44115

Featuring:

- **Tai Chi Demonstration** - learn the benefits of this traditional Chinese martial art.



Map

Enter parking lot via Community College Avenue and East 33rd

Look for Advanced Technology Center parking



Walk 5

Wednesday, July 1st

9:00 AM

Euclid Beach Park

16301 Lakeshore Boulevard, 44110

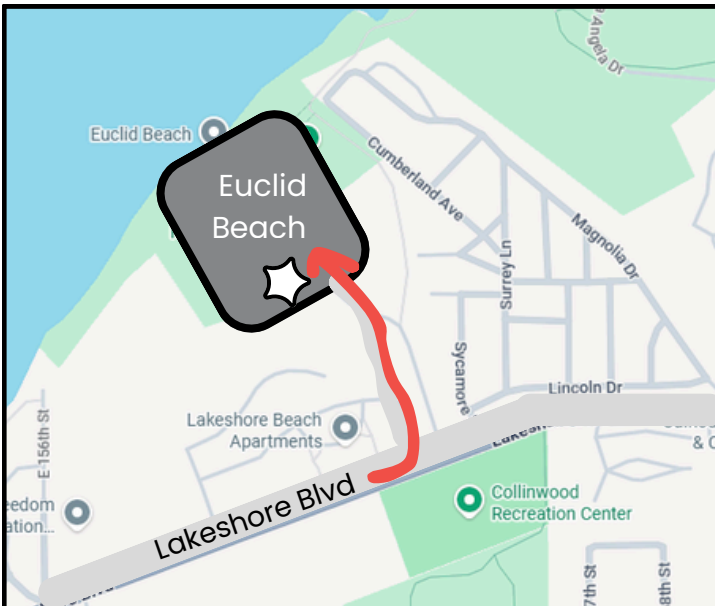
- Meet near the pier

Featuring:

- **Tai Chi Demonstration** - learn the benefits of this traditional Chinese martial art.

Map

Enter from Lakeshore Boulevard



Walk 6

Wednesday, July 8th

9:00 AM

Edgewater Beach

7600 Cleveland Memorial Shoreway, 44102

Featuring:

- **Tai Chi Demonstration** - learn the benefits of this traditional Chinese martial art.

Map

From Detroit Avenue

- Turn onto West 73rd St heading north.
- Follow West 73rd to turn left on Edgewater Park Lower Lot Dr
- Follow signs to Edgewater Beach until you reach the parking lot.

From OH-2 Cleveland Memorial Shoreway

- Take the Edgewater Beach exit
- Follow signs to Edgewater Beach until you reach the parking lot.



Walk 7

Wednesday, July 15th

9:00 AM

North Coast Yard

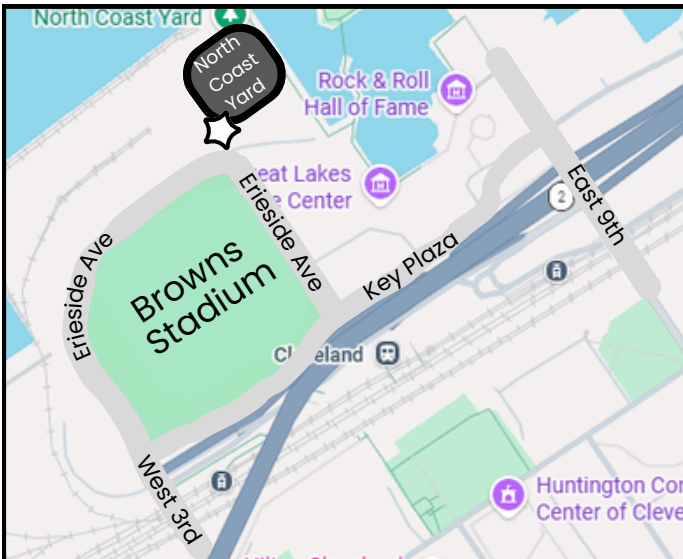
515 Erieside Avenue, 44114

Featuring:

- **Tai Chi Demonstration** - learn the benefits of this traditional Chinese martial art.

Map

Free parking to the left of North Coast Yard



Walk 8

Wednesday, July 22nd

9:00 AM

Kerruish Park

17218 Tarkington Avenue, 44128

Featuring:

- **Fresh produce** - 5000 pounds will be distributed compliments of the Greater Cleveland Food Bank

Map

Parking is available in parking lot



Walk 9

Wednesday, July 29th

9:00 AM

Impett Park

3170 West 153rd Street, 44111



Featuring:

- **Pickleball** - watch a demonstration and join in!
- **Fresh produce** - 5000 pounds will be distributed compliments of the Greater Cleveland Food Bank

Map

Parking is available in parking lot and along side streets



Walk 10

Wednesday, August 5th

9:00 AM

Michael J. Zone NRRC

6301 Lorain Avenue, 44102

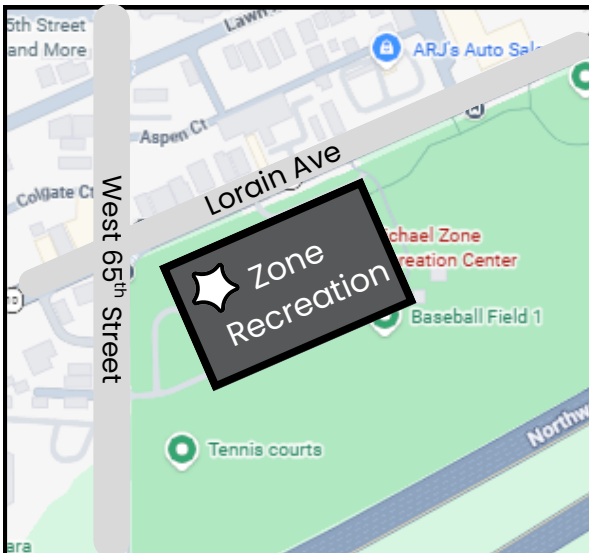
Featuring:

- **Boxed lunch** for the first 300 walkers



Map

Access parking from West 65th Street



Walk 11

Wednesday, August 12th

9:00 AM

Collinwood NRRC/Humphrey Park

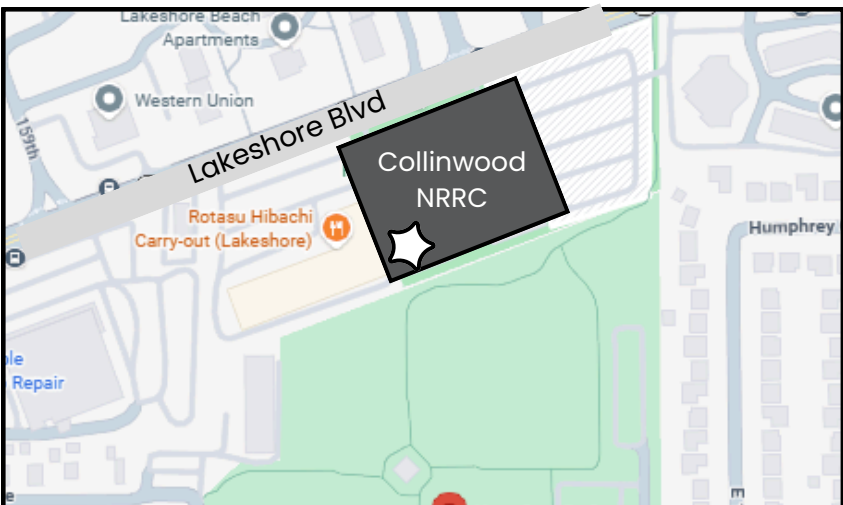
16300 Lakeshore Boulevard, 44110

Featuring:

- **Senior Swim** - bring your swim suit and join us after the walk in the pool
- **Silver Spokes** - a presentation by Bike Cleveland about sharing the road with cyclists and an opportunity to try out some age friendly bicycles after the walk

Map

Enter the parking lot via Lakeshore Boulevard



Walk 12

Wednesday, August 19th

9:00 AM

League Park

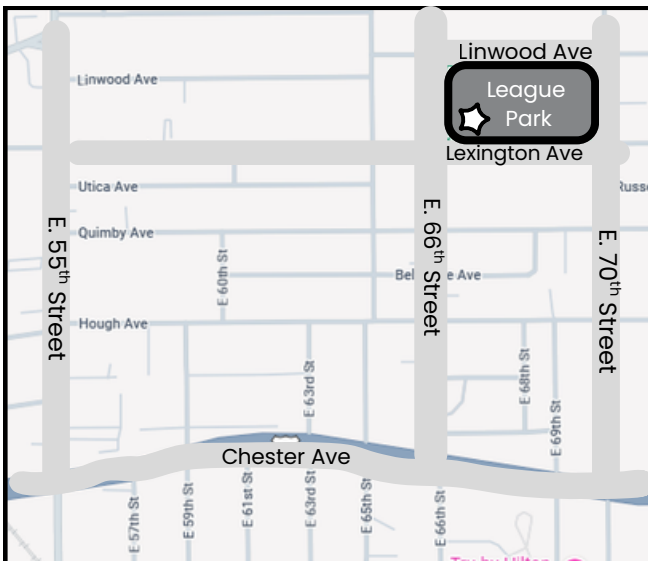
601 Lexington Avenue, 44103

Featuring:

- **Art** to Go from Cleveland Museum of Art
- **Boxed lunch** for the first 300 walkers
- **Baseball** Museum open
- Play catch on field after the walk

Map

Parking is available along side streets



Walk 13

Wednesday, August 26th

9:00 AM

Brookside Reservation

3900 John Nagy Blvd., 44144

-Meet at Jim Thome Field



Featuring:

- **Tai Chi Demonstration** – learn the benefits of this traditional Chinese martial art.

Map

Enter the parking lot via John Nagy Blvd



Walk 15

Wednesday, September 9th

9:00 AM

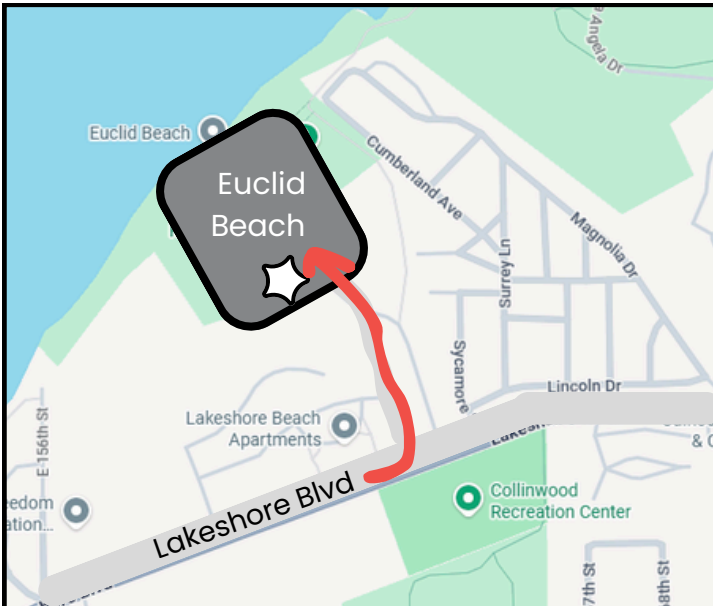
Euclid Beach Park

16301 Lakeshore Boulevard, 44110



Map

Enter the parking lot via Lakeshore Blvd



Walk 16

Wednesday, September 16th

9:00 AM

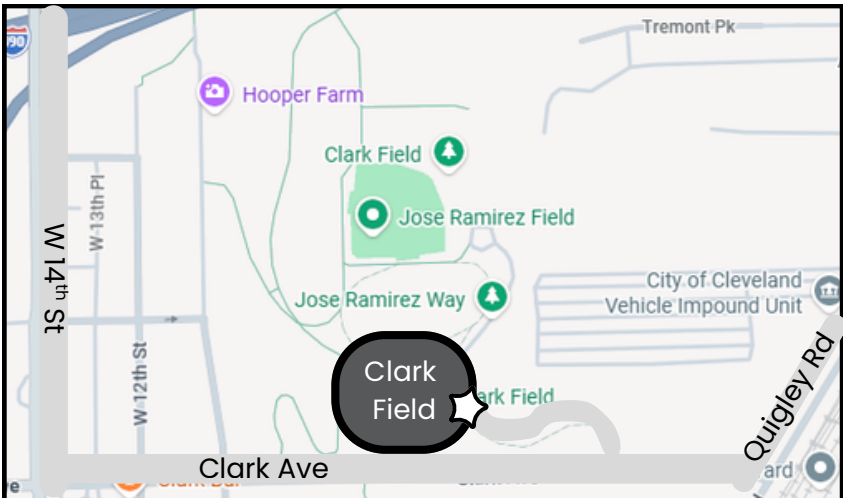
Clark Field

950 Clark Avenue, 44113



Map

Enter the parking lot via Clark Ave



Registration:

Use any of these methods to register:

- **Call Nicole:** (216) 664-6152
- **Email:** Email the information below to
Aging@clevelandohio.gov
- **Register online by visiting:** [Forms.office.com/g/mHiHBkiTu7](https://forms.office.com/g/mHiHBkiTu7)
- **Scan the QR Code:**



- **Tear off this page of the book** and bring it with you to the walk!

Please Print

Full Name:

Date of Birth:

Home Address:

Phone Number:

Email:

Emergency Contact: