

2025 Summer Senior Walks

Walk on Wednesdays with the
Cleveland Department of Aging!

Aging
Greatfully!

Aging is
Living!

Glowing
Older!



June—August 2025



CITY OF CLEVELAND
Mayor Justin M. Bibb
AGING



Dear Cleveland Residents,

Welcome to our largest Summer Senior Walk Series ever!

This year, we're thrilled to offer 13 walks at some of Cleveland's most scenic and historic locations. These walks are a wonderful opportunity to:

- Explore our city's beautiful parks and trails
- Connect with helpful community resources
- Engage with the Cleveland Department of Aging staff
- Spend quality time with friends — old and new
- Meet members of our safety forces: Cleveland Police, Fire, and EMS
- Prioritize your health in a safe, social, and supportive environment

As one wise senior said during last summer's walk, "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



The Basics:

- 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.
- If you choose to pre-register for the walks, you will receive a call if a walk is cancelled due to inclement weather.
- Some walks have boxed lunches or produce distributions, see walk page for details.  

Special Programming:

- Learn and ride with a Bike Cleveland program called **Silver Spokes**. 
- Join a fire and fall prevention class with our colleagues at Cleveland Fire. 
- Back again by popular demand, Councilman Conwell and the Footprints will be providing live music at two walks. 
- Keep an eye out for give-aways to keep you safe in the sun.  

Registration

For more details on registration, see page 18
or call Nicole: (216) 664-6152

Exercise Tips

Here are some practical and safe exercise tips for older adults to improve strength, balance, flexibility, and overall well-being:

1. Check with Your Doctor First

- Get medical clearance before starting any new exercise program, especially if you have chronic health conditions.

2. Start Slow and Progress Gradually

- Begin with low-impact activities like walking, swimming, or chair exercises.
- Increase duration and intensity slowly to avoid injury.

3. Focus on Four Key Areas

- Cardio: Brisk walking, cycling, or water aerobics (20–30 minutes, 3–5 times a week).
- Strength Training: Light weights or resistance bands (2–3 times a week).
- Balance: Tai chi, yoga, or simple balance exercises like standing on one foot.
- Flexibility: Gentle stretching or yoga to maintain joint range of motion.

4. Warm Up and Cool Down

- Always warm up with 5–10 minutes of light activity and stretch afterward to prevent stiffness.

5. Listen to Your Body

- Stop if you feel dizzy, short of breath, or experience chest pain or joint pain.
- It's okay to feel sore, but pain is a red flag.

Exercise Tips

6. Stay Hydrated

- Drink water before, during, and after exercise—even if you don't feel thirsty.

7. Make It Social and Fun

- Exercise with a friend or join group classes designed for seniors for motivation and consistency.

8. Be Consistent

- Aim for at least 150 minutes of moderate exercise per week.
- Even small amounts done regularly are beneficial.

–Summarized from the National Institute on Aging

Notes:

#1 WEDNESDAY, JUNE 4

9:00 am

Zelma George Recreation Center

- Meet inside the center

3155 Martin Luther King Jr Dr, Cleveland, 44104



FREE boxed lunch for the first **350** walkers



Tech Support provided by Digital C—bring your digital devices and get 1:1 tech support



AFTER THE WALK

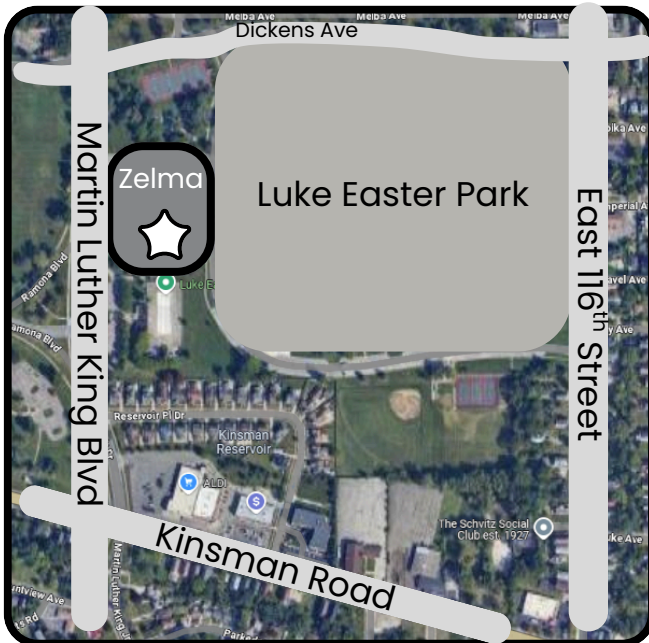
Steps To Safety

Presentation by **Cleveland Fire** on Fire and Fall Prevention.



MAP

Enter the parking lot via Martin Luther King Blvd



#2 WEDNESDAY, JUNE 11

9:00 am

Frederick Douglass Recreation Center

15401 Miles Ave, Cleveland, 44128

FREE boxed lunch for the first **300** walkers

FREE sun hat for all walk participants

Tech Support provided by Digital C—bring your digital devices and get 1:1 tech support



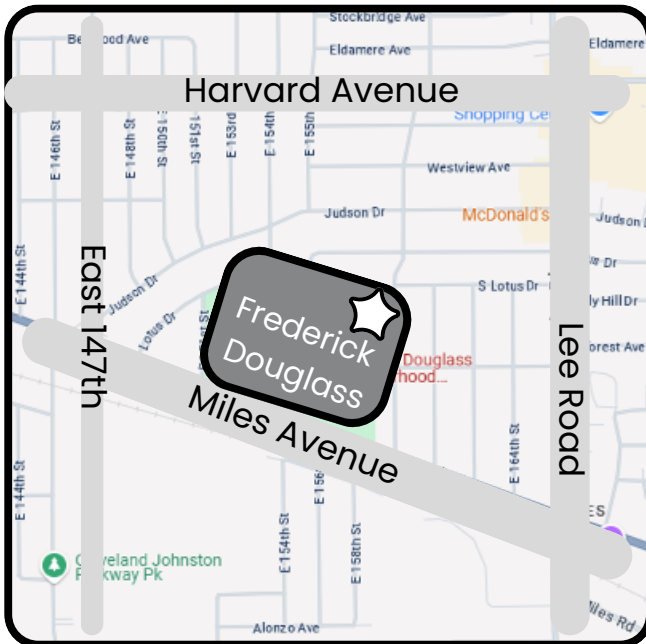
AFTER THE WALK

Silver Spokes – Presentation about sharing the road with cyclists and an opportunity to try out some Age-Friendly bicycles after the walk with Bike Cleveland.



MAP

Enter the parking lot via Miles Avenue



#3 WEDNESDAY, JUNE 18

9:00 am

League Park

6601 Lexington Ave, Cleveland, 44103



AFTER THE WALK

Live music provided by Councilman Conwell and the Footprints and **League Park Museum open**



Cleveland Public Library will give away **FREE books**



MAP

Parking is available along side streets



#4 WEDNESDAY, JUNE 25

9:00 am

Cuyahoga Community College (TRI-C) Metro Campus

Meet at the track

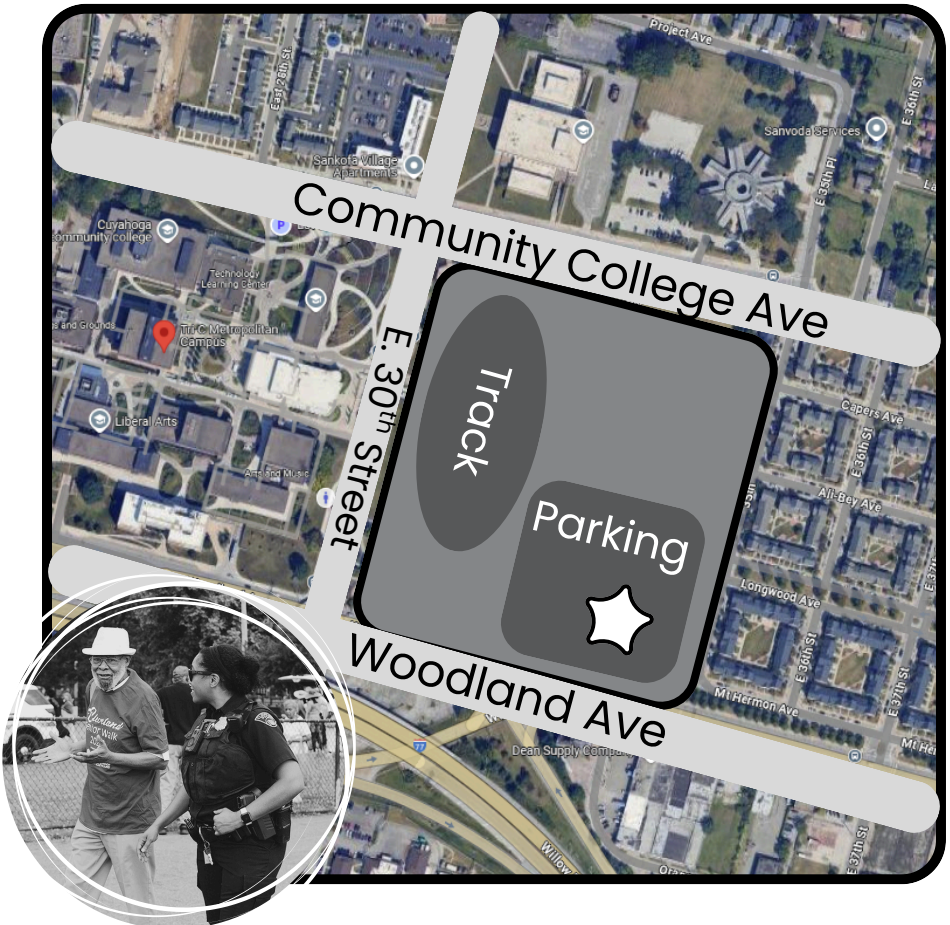
3409 Woodland Avenue, Cleveland, 44115

FREE Cooling Wrap for all walk participants



MAP

Enter parking lot from Woodland Ave



#5 WEDNESDAY, JULY 2

9:00 am

Euclid Beach Park

– Meet near the pier

16301 Lakeshore Boulevard, Cleveland, 44110



Tech Support provided by Digital C—bring your digital devices and get 1:1 tech support



MAP



#6 WEDNESDAY, JULY 9

9:00 am

Edgewater Beach

- Meet at the Beach House, Lower Level

7600 Cleveland Memorial Shoreway, Cleveland, 44102

FREE Cooling Wrap for all walk participants



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.



#7 WEDNESDAY, JULY 16

9:00 am

North Coast Yard

– North of Browns Stadium, next to
Steamship Mather

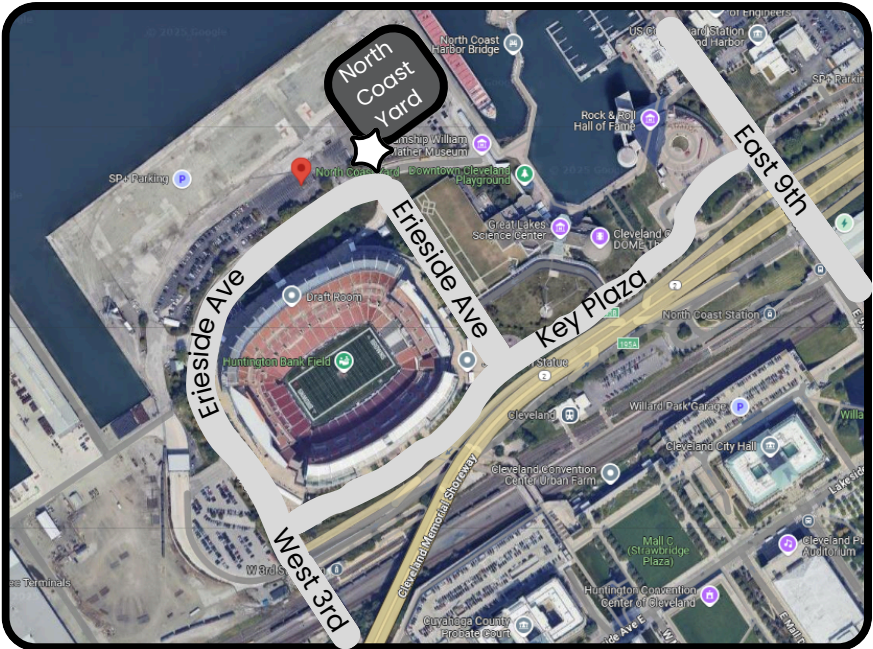
515 Erieside Ave, Cleveland, 44114

FREE sun hat for all walk participants



MAP

- Free parking to the left of North Coast Yard
- Look for Department of Aging Staff to direct you



#8 WEDNESDAY, JULY 23

9:00 am

Loew Park

2919 Oak Park Avenue, Cleveland, 44109



Tech Support provided by Digital C—bring your digital devices and get 1:1 tech support



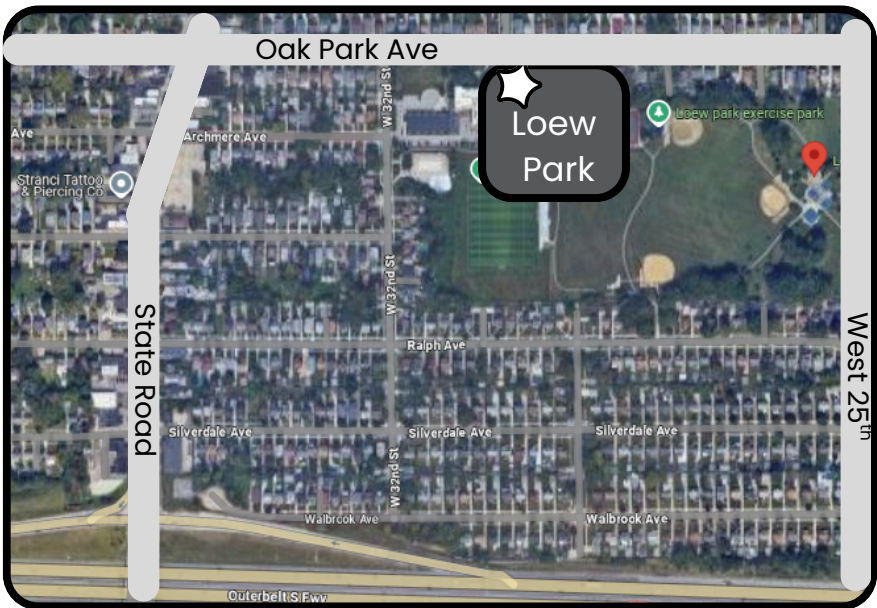
MAP

Heading East or West on 480

- Take exit 16 onto State Road 94 heading North
- Turn right on Oak Park Avenue
- Pull into the parking lot next to William Cullen Bryan Elementary School

From Pearl Road

- Heading Southwest on Pearl Road turn onto State Road 94 heading south
- Turn left on Oak Park Avenue heading East
- Pull into the parking lot next to William Cullen Bryan Elementary School



#9 WEDNESDAY, JULY 30

9:00 am

Lakefront Reservation E 72nd**Fishing Area**

- Meet at the E 72nd Street Fishing Area
Parking Lot

East 72nd Street and North Marginal Rd,
Cleveland, 44103

**AFTER THE WALK**

Cleveland Public Library will give away
FREE books

**MAP**

Look for Cleveland Metroparks sign



#10 WEDNESDAY, AUGUST 6

9:00 am

Michael Zone Recreation Center

– Meet at the Gazebo

6301 Lorain Avenue, Cleveland, 44102



FREE boxed lunch for the first 200 walkers



AFTER THE WALK

Silver Spokes

Presentation about sharing the road with cyclists and an opportunity to try out some Age-Friendly bicycles after the walk with Bike Cleveland.



MAP

Access parking from West 65th Street



#11 WEDNESDAY, AUGUST 13

9:00 am

Halloran Park

3550 W 117th St, Cleveland, 44111



AFTER THE WALK

Fresh Produce Distribution from Greater Cleveland Food Bank

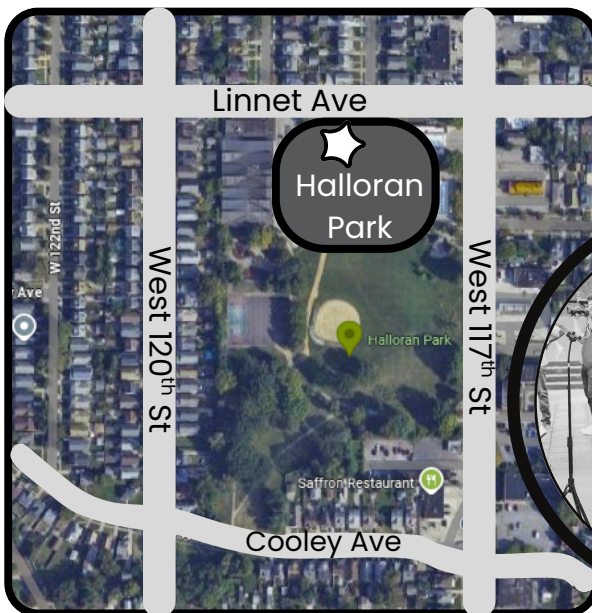


Live music provided by Councilman Conwell and the Footprints in the gazebo. Bring a lawn chair to enjoy the music on the Halloran Lawn



MAP

Enter Parking lot from Linnet Avenue



#12 WEDNESDAY, AUGUST 20

9:00 am

Clark Field

- Meet at the pavillion

950 Clark Avenue Cleveland, 44113



Tech Support provided by Digital C—bring your digital devices and get 1:1 tech support



AFTER THE WALK

Fresh Produce Distribution from Greater Cleveland Food Bank



MAP

- The park is located between Quigley Road and West 11th on Clark Avenue. This large park is in the general area of the Steel Factories, Steelyard Commons and the City's Impound Lot.
- We will have signs near the entrance.



#13 WEDNESDAY, AUGUST 27

9:00 am

Impett Park

3207 W 153rd St, Cleveland, 44111



AFTER THE WALK

Fresh Produce Distribution from Greater Cleveland Food Bank



Celebration Picnic!

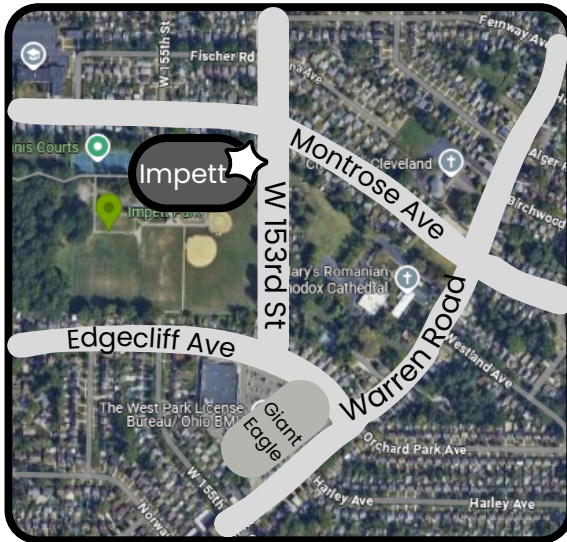


Pickleball Demonstrations



MAP

- The parking lot to Impett Park is at 3207 West 153.
- You can access West 153rd off Edgecliff Avenue.
- Edgecliff Avenue is off of Warren Road.
- You will see a Giant Eagle Grocery Store at the corner of West 153 and Edgecliff.
- Note- you can access Warren Road off Interstate 90 for those taking the highway or via Lorain Avenue.



Registration:

*There's no wrong way to register!
This year you can pick any of these
great options:*

- **Call Nicole:** (216) 664-6152
- **Email:** Email the information asked on the back page to Aging@clevelandohio.gov
- **Tear off the back** page of this book and bring it with you to the walk!
- **Register online by visiting:**
<https://forms.office.com/g/eEeuCYeITS>
- **Scan the QR Code:**

2025 Summer Senior Walk
Registration



Nicole,
Health and Wellness
Coordinator

Department of Aging staff are excited to greet you!



Please, bring this form with you to your first walk, or find other ways to register on page 18.

Emergency Contact Phone:

Sign me up for the following walks:

June 4 Zelma George Recreation Center

June 11 Frederick Douglass Rec Center

June 18 League Park

June 25 Tri-C Metro Campus

July 2 Euclid Beach Park

July 9 Edgewater Beach

July 16 North Coast Yard

July 23 Loew Park

July 30 Lakefront Reservation

August 6 Michael Zone Recreation Center

August 13 Halloran Park

August 20 Clark Field

August 27 Impett Park

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