

Ask family and friends to sponsor you.
Sponsor yourself.

Collect your pledges in advance.

Set a goal, for example, determine to raise \$100 to support the Citywide Senior Center.

Registration Fee: \$5.00

Register and turn in your pledges at the Cambridge Citywide Senior Center between **9:00 and 9:30 A.M.** or collect your pledges after the walk and turn in to the Senior Center.
(All walk participants must complete a medical form)

Have your sponsors make checks payable to:
THE CAMBRIDGE CITYWIDE SENIOR CENTER.

Come join us and help raise money to support the Cambridge Citywide Senior Center!

Dress Right and Pack Light:

Dress in layers

Wear walking shoes.

Bring an extra pair of cotton socks to change into if needed.

Don't forget a hat, sunglasses, and extra sunscreen.

Remember to eat a hearty breakfast.

You may call The Cambridge Citywide Senior Center if you have questions.
The telephone number is 617-349-6060.

Come out and support the Senior Center and have a good time with your friends. The total walk is approximately 3 miles. Walk one mile or all three. Come to have Fun.

Spring water will be provided at water stations.

There will be transportation from the Senior Center to the Walk Location and back to the Senior Center for a delicious high calcium brunch

**THE
CITYWIDE SENIOR CENTER**

PRESENTS

**The Fifth
Annual
SENIOR WALK**

Wednesday, June 8, 2005

Kick-off Time 9:30 a.m.

**Three Mile Walk Around
Fresh Pond Reservoir**

The Citywide Senior Center
806 Massachusetts Avenue
Cambridge, Massachusetts 02139
617-349-6060

