



Walking Club Directory

If you do not find your town on this list and want to start a walking club, please contact Lynn Wolf at Lynn@mcoaonline.com. Should you want to join a walking club and not find your town, please contact a nearby town, or call your local Council on Aging and speak with the Activities Coordinator or Director about other organized exercise programs that may be available, or about starting a walking club.

Attleboro

Lori Copes
25 South Main Street
Attleboro, Massachusetts 02703
774-203-1900
coa@cityofattleboro.us
"BRISK" WALK Monday mornings at 8:00 am
"LEISURELY STROLL" Thursday afternoons at 12:30pm

Bellingham

Lisa Mottola
40 Blackstone St
Bellingham, Massachusetts 02019
508-966-0398
lmottola@bellinghamma.org
Tuesdays and Wednesdays
May-October

Billerica

Bonnie Courtemanche
25 Concord Road
Billerica, Massachusetts 01821
978-671-0916
bcourtemanche@town.billerica.ma.us
Monday – Friday 9am

Beverly

Jessica Waggett
Beverly Senior Center
90 Colon Street
Beverly, Massachusetts 01915
978-921-6017
jwaggett@beverlyma.gov
Monday and Thursday at 9:30am

Bolton

Heather Goodsell
Bolton Country Manor
600 Main Street
Bolton, MA 01740
978-779-3313
Mondays at 9:30

Brimfield

Eva Pittsinger
Brimfield Council on Aging
20 Main Street
Brimfield, Massachusetts 01010
413-245-7253
Mondays at 10:00

Brockton

Janice Fitzgerald
Brockton Council on Aging
10 Father Kenney Way
Brockton, Massachusetts 02301
508-580-7811
Mondays, Wednesdays and Fridays at 8:0am

Carlisle

Angela Smith
Carlisle Council on Aging
66 Westford Street
Carlisle, Massachusetts 01741
978-371-2895
asmith@carlislema.gov
Thursdays at 9:30, Meet at Center Park
April through October



Walking Club Directory

Chelmsford

Natalie Dussault
Chelmsford Senior Center
75 Groton Rd
North Chelmsford, Massachusetts 01863
978-251-0533
ndussault@townofchelmsford.us
"Walk and Talk" Indoor Walking Group
Tuesdays and Fridays 9:15am

Chicopee

7 Valley View Ct.
Chicopee, Massachusetts 01020
413-534-3698
Tuesdays and Thursdays at 8:30
Not during the winter months

Clinton

Kristin Higgins- Group leader
Clinton Senior Center
271 Church St.
Clinton, Massachusetts 01510
978-733-4747 x 307 (Senior Center phone #)
agoodsell@clintonma.gov (Program & Volunteer
Coordinator email)
Mondays at 1:00 and Wednesdays at 11:00

Danvers

Paula Corcoran
Danvers Council on Aging
25 Stone Street
Danvers, Massachusetts 01923
978 762-0208
pcorcoran@danversma.gov
Mondays, Wednesdays and Fridays 9:00
April to November

Dennis

Sherrie Jones
Dennis Senior Center
1045 Route 134
South Dennis, Massachusetts 02660
508-385-5067
sjones@town.dennis.ma.us
"Walk and Talk Club" Outdoor Walking Group
Johnny Kelley Park, South Dennis
Tuesdays and Thursdays at 8:30am

Douglas

Patrice Rousseau
331 Main St
Douglas, Massachusetts 01516
508-476-2283
prousseau@douglassma.org
Monday through Thursday at 9:00

Duxbury

Andrea Brandeis
Duxbury Senior Center
10 Mayflower Street
Duxbury, Massachusetts 02332
781-934-5774 x 102
abrandeis@duxburycoa.com
Monday and Wednesday at 11:15

East Bridgewater

355 Plymouth Street
East Bridgewater, Massachusetts 02333
508-378-1610
Tuesdays and Thursdays 8:30
Warmer months



Walking Club Directory

East Longmeadow

Alicia Smith
328 North Main Street
East Longmeadow, Massachusetts 01028
413-525-5436 x1406
Alicia.Smith@eastlongmeadowma.gov
Mondays, Wednesdays and Fridays at 8:00am

Essex

Essex Senior Center
17 Pickering Street
Essex, Massachusetts 01929
978-768-7932
Hiking/walking club
Monday through Friday 9:00am
May through September

Franklin

Maggie Gundersen
Franklin Senior Center
10 Daniel McCahill Street
Franklin MA 02038
508-520-4945
mgundersen@franklnma.gov
"Stella's Stroller"
Tuesday & Thursdays at 9:15am

Georgetown

Colleen Ranshaw-Fiorello, Director
Georgetown Senior Community Center
51 North Street
Georgetown, Massachusetts 01833
978-352-5726
cfiorello@georgetownma.gov
Georgetown Senior Community Center Walking Club
Walking Club meets at the Senior Center rain or shine
Tuesdays and Thursdays 8:30 a.m.

Groveland

Laura Dillingham-Mailman
Merrimac COA
100 East Main Street
Merrimac, MA 01860
Tel: 978.346.9549
Walk at:
Pentucket Regional High School
24 Main Street
West Newbury, MA 01985
Mondays and Wednesdays at 11

Hingham

Barbara Farnsworth
Hingham Senior Center
224 Central Street
Hingham, Massachusetts 02043
781-741-1458
farnsworthb@hingham-ma.gov
Fridays at 9:00
Weather permitting

Kingston

Lancaster

Alexandra Turner
Lancaster Council on Aging
695 Main Street, Suite 7
Lancaster, Massachusetts 01523
978-733-1249 x1102
Summer – Tuesdays and Thursdays at 9:00
Winter – Tuesdays and Thursdays in the Mall at 9:00



Walking Club Directory

Millbury

Judith O'Connor
Milbury Council on Aging
1 River Street
Milbury, Massachusetts 01527
508-865-9154
Mondays at 8:30
Weather permitting

Ludlow

Sarah Gmeiner
Ludlow Council on Aging
37 Chestnut Street
Ludlow, Massachusetts 01056
413-583-3564
Mondays, Wednesday, and Fridays at 9:00

Merrimac

Laura Dillingham-Mailman
Merrimac COA
100 East Main Street
Merrimac, MA 01860
Tel: 978.346.9549
Walk at:
Pentucket Regional High School
24 Main Street
West Newbury, MA 01985
Mondays and Wednesdays at 11

Marshfield

Marilee Comerford
230 Webster Street
Marshfield, MA 02050
781-834-5581
Thursdays at 8:30

Needham

Needham Park and Recreation
500 Dedham Avenue
Needham, Massachusetts 02492
781-455-7550
2nd & 4th Fridays at 10:30
May through October

Medford

Pamela Kelly
101 Riverside Avenue
Medford, Massachusetts 02155
781-396-6010
medfordcoa@verizon.net
Fridays at 9:30
May through November
Weather permitting

New Bedford

Jordan Duarte
Hazelwood Senior Center
553 Brock Ave
New Bedford, Massachusetts 02744
508-991-6208
Mondays at 2pm
Spring through Fall



North Andover

Walking Club Directory

North Brookfield

North Attleboro

Pamela Hunt
North Attleboro Council on Aging
204 Elm Street
North Attleboro, Massachusetts 02760
508-699-0131
Tuesdays at 9:30
Thursdays at 10:00
Rain or Shine

Palmer

Marlene Johson
Palmer Council on Aging
1029 Central Street
Palmer, Massachusetts 01069
413-283-2670
Tuesdays and Thursdays at 9:00

Peabody

Judy Walker
Peabody Council on Aging
75R Central Street
Peabody, Massachusetts 01960
978-531-2254
Monday through Friday
Call for schedule

Plainville

Plainville Council on Aging
9 School Street
Plainville, Massachusetts 02762
508-699-7384
Mondays at 9:30
Year Round

Plymouth

Beth Hadfield
Center for Active Living
44 Nook Road
Plymouth, Massachusetts 02360
508-830-4230
Off the Beaten Path – Thursdays at 8:30
Indoor Track – Tuesdays at 5:30 during school year

Plympton

Plympton Council on Aging
5 Palmer Road
Plympton, Massachusetts 02367
781-336-9113

Reading

Jane Burns
49 Pleasant Street
Reading, Massachusetts 01867
781-942-6658
jburns@ci.reading.ma.us
Summer Hours: Tuesdays at 10:00 and Fridays at 10:30



Walking Club Directory

Salisbury

Ginny Salem
Salisbury Senior Center
43 Lafayette Rd.
Salisbury, MA 01952
978.462.2412
vsalem@salisburyma.gov
Mondays and Thursdays at 9:00am
Mondays: Meet at the Senior Center, for a walk on the Rail Trail or towards town.
Thursdays: Meet at Salisbury Beach State Reservation
Last parking lot on left in front of bath house

Sandisfield

Linda Riiska
New Hartford Rd
Sandisfield, Massachusetts 01255
413-258-4816
sandisfieldcoa@hotmail.com

Sherborn

Laila Vehvilainen
Sherborn COA
19 Washington Street
Sherborn, Massachusetts 01770
508-651-7858
coaprogram@sherbornma.org
Days/Time Vary, Contact Center for information

Sheffield

Nadine Hawver
PO BOX 327
Sheffield, Massachusetts 01257
413-229-7037
nhawver@sheffieldma.gov
Mondays through Thursdays at 3:30
Year round

Somerville

Chris Kowaleski
Somerville Council on Aging
167 Holland Street
Somerville, Massachusetts 02144
617-625-6600 x2300
Mondays at 9:00

South Hadley

Nancy Yesu
South Hadley Council on Aging
Contact Nancy Yesu
NYesu@southhadleyma.gov
413.538.5042 x 205
Social Strollers
Tuesday and Fridays at 9:30

Stoneham

Maureen Canova
136 Elm Street
Stoneham, Massachusetts 02180
781-438-1157
mcanova@stoneham-ma.gov
Wednesdays at 8:30

Sturbridge

Leslie Wong
Sturbridge Council on Aging
480 Main Street
508-347-7575
Lwong@town.sturbridge.ma.us
Wednesdays @ 8:30 behind Town Hall
April – October



Walking Club Directory

Sudbury

Ana Christina Oliviera
40 Fairbank Rd.
Sudbury, Massachusetts 01776
978-443-3055
senior@sudbury.ma.us
Spring and Fall
Check with center for schedule

Townsend

Christine Clish
16 Dudley Rd.
Townsend, Massachusetts 01469
978-597-1710
coa@townsend.ma.us
Tuesdays at 9:30

Upton

Janice Nowicki
The Upton Center
2 Farm Street
Upton, Massachusetts 01568
508-529-4558
Monthly walk, Call for schedule

Weymouth

Denise Ray
182 Green Street
N. Weymouth, Massachusetts 02191
781-682-6140
Call center for schedule

Wilbraham

Mary Ellen Schmidt
45B Post Office Park
Wilbraham, Massachusetts 01095
413-596-8379
mschmidt@wilbraham-ma.gov
Monday 10:30 Gentle walking
Wednesday 11:30 Gentle Hiking once a month and
weather dependent
Friday 9:00 Five mile brisk walk
Friday 9:00 Outrageous Adventure (Steep Hike) once a
month

Williamstown

Marion Quinn-Jowett
118 Church Street
Williamstown, Massachusetts 01267
413-458-8250
Thursdays at 9:00
Year Round

Winchendon

Sheila Bettro
52 Murdock ave
Winchendon, Massachusetts 01475
978-297-3155
winchendoncoa@gmail.com

Worcester

Jennifer Linch
Worcester Senior Center
128 Providence St
Worcester, Massachusetts 01604
508-799-1232
linchj@worcesterma.gov
Thursday at 9:00
May through October



Walking Club Directory

Yarmouth

Kathi Bailey

Yarmouth Senior Services

528 Forest Road

West Yarmouth, Massachusetts 02673

508-394-7606

Mondays at 10:45 and Wednesday at 9:00

Updated: August 31, 2018