

# Town & Country

Fall Walk Series for Seniors



Join Ron to explore historic and beautiful places in Charlottetown and surrounding areas. These free walks are open to anyone but are specifically designed for seniors. The walks will be at a slow to moderate pace, with stops to discuss local landmarks, and history, or just to take in the beautiful vistas.

Stay active, connect with others, and explore some of the Island's fascinating history and beauty. The walks are a Dementia Friendly environment, and are a great activity to promote brain health! Join for one walk, or come to the whole series!

**Who** | Any senior living in the community, led by Ron

**When** | Saturday Mornings

**Time** | Gather 8:50am, Walk from 9am - 10am

**Where** | Downtown Charlottetown

Registration is required.  
Register by visiting [alpei.ca](http://alpei.ca) or  
by calling 902-628-2257



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