



Walking Club Directory

If you do not find your town on this list and want to start a walking club, please contact Mary Kay Browne at MaryKay@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 Outreach 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
Mondays at 8am; Thursdays at 1pm
Call Center to see where to meet

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

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 7:30am

Brookline

Julie Washburn
Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446
617-730-2760
jwashburn@brooklinema.gov
Fridays at 9:30
Weather permitting

Carlisle

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



Walking Club Directory

Chicopee

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

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

Douglas

Patrice Rousseau
P.O. Box 1295
331 Main St
Douglas, Massachusetts 01516
508-476-2283
prousseau@douglasma.org
Monday through Thursday at 9:00

Duxbury

Andrea Bendeis
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

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 8am

Essex

Essex Senior Center
17 Pickering Street
Essex, Massachusetts 01929
978-768-7932
Hiking/walking club
Monday through Friday
9:00 Easy level
10:30 Moderate
May through September

Georgetown

Colleen Ranshaw-Fiorello
51 North Street
Georgetown, Massachusetts 01833
978-352-5726
cfiorello@georgetownma.gov
Tuesdays and Thursdays



Walking Club Directory

Groveland

Laura Dillingham Mailman
Pentucket Regional High School
24 Main Street
West Newbury, MA 01985
978-372-1101
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

Holliston

Linda Sottile
Holliston Senior Center
150 Goulding Street
Holliston, Massachusetts 01746
508-429-0622
Tuesdays and Thursdays at 9:00
Spring through Fall 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

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 – Wednesdays in the Mall at 8:30

Mansfield

Maribell Zayas Pergola
Mansfield Council on Aging
255 Hope St.
Mansfield, Massachusetts 02048
508-261-7368
Tuesdays at 8:45
April through October

Marshfield

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

Medford

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



Walking Club Directory

Merrimac

Laura Dillingham-Mailman
Pentucket Regional High School
24 Main Street
West Newbury, MA 01985
978-346-9549
Mondays and Wednesdays at 11

Millbury

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

Needham

Needham Park and Recreation
500 Dedham Avenue
Needham, Massachusetts 02492
7814557550
2nd & 4th Fridays at 10:30
May through October

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

Lya Morse
120 R Main Street
North Andover, Massachusetts 01845
978-688-9560
lmorse@townofnorthandover.com
Monday through Friday at 9:00

North Attleboro

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

North Chelmsford

Natalie Dussault
75 Groton Rd
North Chelmsford, Massachusetts 01863
978-251-0533
ndussault@townofchelmsford.us
Tuesdays at 10
Raine or Shine
Not during the winter months

Orleans

Judi Wilson
Orleans Council on Aging
150 Rock Harbor Road
Orleans, Massachusetts 02653
508-255-6333
jwilson@town.orleans.ma.us
Saturdays at 10:00
April through November
List of locations available at the Senior Center



Walking Club Directory

Palmer

Erin Pincince
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
79 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 10
Year Round

Plymouth

Beth Hadfield
Plymouth Council on Aging
44 Nook Road
Plymouth, Massachusetts 02360
508-830-4230
Off the Beaten Path – Thursdays at 8:45
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

Sandisfield

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

Sheffield

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

Sherborn

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

Somerville

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



Walking Club Directory

Stoneham

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

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

Walpole

Kerri McManama
135 School St
Walpole, Massachusetts 02081
508-668-3330
kmcmanama@walpole-ma.gov
Tuesdays and Thursdays at 8:30

Wellesley

Gayle Thieme
219 Washington Street
Wellesley, Massachusetts 02481
781-235-3961
GThieme@wellesleyma.gov
Mondays at 9:00, Meet at Whole Foods in Wellesley
Wednesdays at 9:45, Meet at the Council on Aging

West Newbury

Laura Dillingham Mailman
Pentucket Regional High School
24 Main Street
West Newbury, MA 01985
978-363-1104
Mondays and Wednesdays at 11

Weston

Sandra Coburn
20 Alphabet Lane
Weston, Massachusetts 02493
781-786-6208
coburn.s@westonmass.org
Tuesdays at 10:00, meet at the Town Green
Spring through Early Fall

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
Fridays at 9:00
Gentle hiking Wednesdays at 11:30, weather dependent



Walking Club Directory

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@msn.com

Worcester

Yung Phan
Worcester Senior Center
128 Providence St
Worcester, Massachusetts 01604
508-799-8067
PhanD@worcesterma.gov
Thursday at 9:00
May through October

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