# WEDNESDAY WALKS

# A PUBLICATION OF THE ROCK COUNTY COUNCIL ON AGING, MOBILITY MANAGEMENT PROGRAM



# 2021 | ROCK COUNTY RESIDENTS 55+ | FREE

#### Why Wednesday Walks?

They offer a wonderful way to get fresh air, feel the sun, and socialize. Enjoy the great local people, places, and history of the Rock County area!

There is NO COST to participate in Wednesday Walks; however, resrvations are required.

# **Benefits of Walking**

- Lowers Cholestorol
- Lowers blood pressure
- Reduces risk of diabetes
- Manages weight
- Improves mood
- Improves memory
- Increases strength & fitness

Exercise while enjoying parks & places of interest.

# RESERVATIONS 608-757-5408

CALL AT LEAST 2 DAYS PRIOR TO WALK TO RESERVE YOUR SPOT.

# ARRIVE 15 MIN EARLY

MEET AT LOCATION Most walks start at 10AM, but not all. Check event time to confirm.

# INCLEMENT WEATHER

CANCELLATION Information availale 8AM day of the walk at:

608-757-5408

#### <u>MAY 5, 10 AM</u>

### CARVER-ROEHL WILDFLOWER HIKE

Led by David Bendlin, Naturalist

#### Carver-Roehl County Park, 4907 S. Carvers Rock Rd., Clinton

Carver-Roehl has great wildflowers in the spring and is easy hiking.



"Hoo's Woods Raptor Center is dedicated to the conservation of birds of prey." ~D. Moller

ADDRESS: Provided at time of Reservation



# MAY 12, 10AM HOO'S WOODS RAPTOR CENTER

This event has a **limit of 25** (Another Hoo's Woods event is on August 25, see page 6)

#### MAY 19,10AM

# **BECKMAN MILL WETLANDS**

11600 S. County Road H., Beloit

Led by Jim Hessenauer, Rock County Lead Nature Specialist The wetlands provide habitat for thousands of plants and animals, including endangered species

W etlands are a significant part of the natural environment



#### 2021 | JUNE 2 – JUNE 16 | RESERVATIONS: 608-757-5408

#### <u>JUNE 2, 10 AM</u>

**TURTLE CREEK,** led by David Bendlin, Naturalist

#### 2785 MILWAUKEE RD., BELOIT (WALMART) *MEET* AT SE CORNER BELOIT WAL-MART DRIVE TO TRAIL FROM THERE.

These trails offer pretty views of the Creek as you walk and are perfect to hike in June.



#### <u>June 9, 10 AM</u>

#### HISTORIC GUIDED WALKING TOUR: WEST DISTRIC Meet at 426 N Jackson St., Janesville, in front of the Tallman House. ~Led by Rich Fletcher, Historian



# <u>JUNE 16, 9PM</u> \*EVENING EVENT\* FAIR MEADOWS STATE NATURAL

**AREA:** LED BY DAVID BENDLIN, NATURALIST

#### MEET AT MILTON LIBRARY:

**430 E. High St., Milton** (Will caravan to the trail from there)

Hear the calls of frogs & owls; sometimes the owl's call back! See bats & a phenomenal display of fireflies (life changing!)

- -10 Person Limit
- Bring repellent



#### 2021 | JUNE 17- JUNE 30 | RESERVATIONS: 608-757-5408

# JUNE 17, 9 PM \*EVENING BACK-UP\* FAIR MEADOWS STATE NATURAL AREA

**430 E. High St., Milton** meet at Milton Library, caravan to trail

Led by David Bendlin, Naturalist

This June 17 Fair Meadows Hike is planned in case of rain or overflow of interest on June 16. See June 16 listing for hike details. 10 person limit.





#### June 23, 10AM

#### **BELOIT ART CENTER** 520 E. Grand Ave., Beloit

Artists Dava Dahlgran & Emily Weichbrod will also give talks on their work.

# <u>JUNE 30, 10AM</u>

#### TOKEN CREEK ALPACAS

6116 N. Cassidy Rd., Evansville

Enjoy the beauty and

peaceful presence of the Alpacas. Handcrafted alpaca wool items will be available for purchase. 20 acre farm featuring rolling hills of pasture, woods & hayfields.

Elden & Ronelle Harms have been raising awardwinning Alpacas for 20 years



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#### 2021 | JULY 7 - JULY 28 | RESERVATIONS: 608-757-5408

# <u>JULY 7, 10 AM</u> BRODHEAD HISTORICAL SOCIETY DEPOT MUSEUM

#### 1108 1<sup>st</sup> Center Ave., Brodhead

Built in 1881, the Depot Museum has many artifacts, photographs, & displays. An actual diesel locomotive & caboose from 1950 are also on display.



The Beckman Mill Oak Savana is an uncommon ecosystm with a tree canopy that establishes habitat for specific wildlife species & displays summer woodland flowers.



#### JULY 14, 10AM

BECKMAN MILL OAK SAVANNA, 11600 S. County Road H., Beloit

Led by Jim Hessenauer, Rock County's Lead Nature Specialist

#### JULY 28, 10AM

#### **RIVERSIDE DRIVING RANGE**

2100 Golf Course Rd., Janesville

<u>10-11AM</u>: Pro tips & instruction <u>11-12 PM</u>: open practice **TIPS FROM THE PROS!** Course Pros will help you with your swing.

(This event is for the driving range only)



# <u>AUGUST 4, 10AM</u> BIG RADIO/WCLO TOUR

#### 1 Parker Pl., Janesville

Owner Ben Thompson will provide a tour of the talent & programming elements of local radio broadcasting at its finest!

WCLO is part of the Big Radio fivestation group in Janesville.



"In this part of the country, we have been blessed with some of the richest soil in the world. At Scotch Hill Farm, we use sustainable practices to protect this resource by maintaining and enhancing soil fertility and maintaining water quality."

~Tony & Della Ends

# A S C 17 Br

#### AUGUST 11, 10AM

# SCOTCH HILL ORGANIC FARM

17310 West Footville Broadhead Rd., Brodhead

Tour of the farm & gardens. Organic veggies & soap available for purchase.

# AUGUST 25, 10AM

#### HOO'S WOODS RAPTOR CENTER

**Provided at time of reservation.** This event has a limit of 25

#### Meet different raptors such as an Eagle, Hawk, Owl and Falcon

#### OOPSIE THE SAW WHET OWL

Oopsie is the tiniest owl in Wisconsin; she is about 4 inches tall.

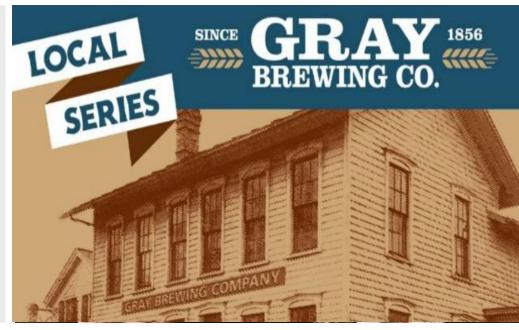


#### SEPTEMBER 1, 4 PM

#### GRAY BREWING CO. TOUR \*Evening Event\*

#### 2424 West Court St., Janesville

Come and experience the history and craft of this sixth generation local brewery. Gray Brewing Co. produces handcrafted beer and soda, and is the nation's oldest family-owned bottling company.



Silverwood Park is a wonderful spot just north of Lake Koshkonong. It has easily hiked trails that wind through prairie and woods overlooking a small lake. SEPTEMBER 8, 10AM

# SILVERWOOD PARK

Led by David Bendlin, Naturalist

771 Silver Lane, Edgerton

(Located east of 1-90, exit Hwy 73 to 106 east)

#### SEPTEMBER 22, 10AM

#### LINCOLN CENTER MUSEUM

#### 845 Hacket St., Beloit

The Military Gallery has letters from home during W WII.

The Sports Gallery features the history of Beloit Baseball.



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# <u>SEPTEMBER 29, 10 AM</u> MAGNOLIA BLUFF

Led by Jim Hessenauer, Rock County Lead Nature Specialist

#### 2004 N Croak Rd., Evansville

Magnolia Bluff has unique biodiversity within the bluff ecosystem. With breathtaking views of the fall colors, it is a protected and outstanding example of Wisconsin's native landscape.



The Skelly family has been farming the area since the mid-1800's. Fall brings the sweet corn season and the "Family Friendly Fall Adventure".



# OCT. 13, 10AM SKELLY FARM MARKET <u>Address</u>: 2713 S. Hayner Rd., Janesville

This is a self-guided event, walk the maze with the group, shop, or enjoy a cider on the patio!

#### \*LAST WALK FOR 2021\*

**OCTOBER 20, 10AM** 

# **BIG HILL PARK**

1201 Big Hill Rd., Beloit

Led by David Bendlin, Naturalist Meet in Welty Environmental Center parking lot.

#### WISHING YOU FUN & ADVENTURE IN ALL THAT YOU DO!







