

2024 Season

WALKS



Rock County Residents aged 55+*

*The Wednesday Walks are made possible in part by federal and state grants. Per Federal funding requirements, we can only allow adults 55 and older to participate. No Children may attend the walks. (Those wishing assistance with the walk may have an adult support person attend the walk with them.)

All walks are free to attend, but some of the volunteer guides and walk locations we visit do accept donations.

Why do we do the Wednesday Walks?

They offer a wonderful way to get outside for some fresh air, feel the sun and socialize while we get some exercise. Come with us and enjoy great people, places and history of the Rock County area!

Join us while we enjoy the parks of Rock County and other places of interest on our walks!

- lowers cholesterol
- lowers blood pressure
- reduces risks of diabetes
- manages weight
- improves mood
- improves memory
- increases strength and fitness

QUESTIONS

No reservations are required to participate in the events. The Walks usually last around 60-90 minutes. All walks are free, you do not need to pay to attend them.

We meet at the walk location. We ask that you please arrive 15 minutes early to get checked in for the walk.

Inclement Weather

Cancellation information will be available at 8 am on the day of the walk at

608-757-5408

If there will be rain forecasted or weather alerts in effect around the time of the walk, then please call to confirm if the walk is still taking place before heading out to the walk location. We will change the outgoing voicemail message to indicate walk cancellations.

May 1st, 10 am

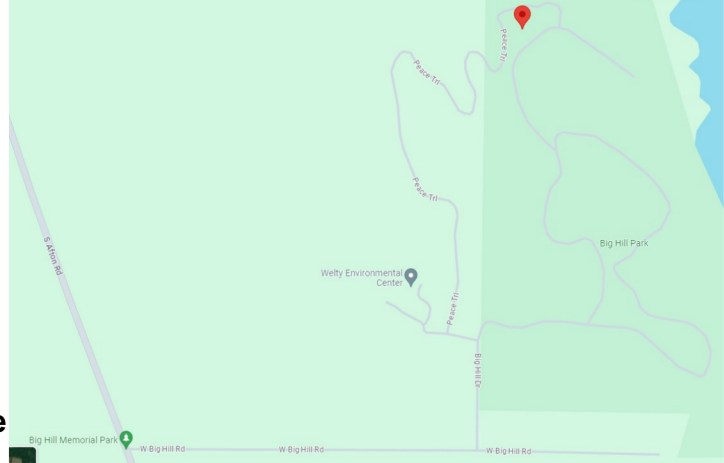
Big Hill Park

1201 Big Hill Dr., Beloit

Led by David Bendlin

Big Hill has great wildflowers in the spring and it has easy hiking trails around the Welty Environmental Center. We'll meet at the Pavilion and play area parking area at the end of the park driveway, to the northern side of the park.

42°33'42.3"N 89°03'00.6"W



Carver-Roehl County Park

May 8th, 10 am

Carver-Roehl Park

4907 S. Carvers Rock Rd, Clinton

Led by David Bendlin

Carver-Roehl County Park is located approximately 14 miles East of Janesville and 4.5 miles South of State Hwy 11/US-14 on Carvers Rock Road. This 53-acre park is Rock County's second oldest and one of the most scenic parks in the county.

May 22nd, 10 AM

Androne Woods

7101 W. Cleophas Rd., Beloit

Led by David Bendlin

1 ¾ miles of Trails on 16 acres with Benches

This site was once part of Cleophas Homestead. It has a wide variety of spring wild flowers. Yellow Lady Slipper Orchids, Maidenhair Fern, Trillium, woodland grasses as well as large Black Walnut and White Oak trees are some of the different flowers and trees to see. Androne Woods is also home to the nesting sites for many different woodland birds.



May 29th, 10 am

Disc Golf at Hilliard Park

1443 Athletic Ave, Beloit

Led by Brian Hoppe

This event will provide disc golf instruction and practice for anyone that is interested in taking up the sport of disc golf. Discs will be provided for the event and all participants will receive a pack of disks to take home with them, while supplies last. We'll meet at pavilion west of the tennis courts.



humane society
of Southern Wisconsin

June 19th, 10 am

Happy Hallow Park

1731 W Happy Hallow Rd., Janesville

This 185-acre park includes a boat landing with access to the Rock River, equestrian trails, and hiking trails. There are roughly 7 miles of trails that travel through the grasslands, wetlands and heavily wooded areas of the park. Come stroll the trails with us as we explore this park which is just south of the airport between Janesville and Beloit, follow the paved driveway to the parking lot at the end of the driveway.



June 5th, 10 am

Humane Society

4700 S. County Trunk G, Janesville

The Humane Society of Southern Wisconsin has a new home just south of Janesville, and they have graciously offered their facility grounds for us to walk and enjoy the outdoors on their walking trails! ***Postponed from 2023***



June 26th, 10 am

Magnolia Bluff Park

4002 N. Croak Rd., Evansville

Magnolia Bluff Park has magnificent views, and it is an excellent example of the native landscape. We'll meet at the parking lot at the end of the paved driveway.



July 10th, 10 am

Schilberg Park & Bendlin Prairie

301 W High St, Milton

Led by Dave Bendlin

We'll meet at Schilberg Park and walk the grounds, eventually working our way to see the Bendlin Prairie and gardens at Dave's home.



July 17th, 10 am

Nature at the Confluence

306 Dickop St., South Beloit

Led by David Bendlin

This guided walk will be led by David Bendlin. This land is surrounded by the Rock River, Turtle Creek and Kelly Creek where they all meet, thus a "Confluence". This location has trails, prairie restoration, learning & pollinator gardens and even the sight of Bald Eagles along the river.



July 24th

In order to avoid scheduling conflicts with the Rock County 4-H Fair, no walk will be scheduled for July 24th. July 25th is Senior Day at the fair! Come out and enjoy discounted admission rates for those individuals over 62 years of age.



Reminder: Weather Cancellation information will be available at 8 AM on the day of the walk at:

1-608-757-5408

If in doubt for outdoor events, i.e. weather alerts or rain is forecasted around the time of the walk, please call to confirm the walk status before heading out to the walk location. We will change the outgoing voicemail message to indicate any cancelations of walk events.

July 31st, 10 am

Lee Park

**9205 W STH 67, Clinton
Led By Jim Hessenauer**

A 40-acre county park, Lee Park is located at the Northeast corner of Hwy 140 and Hwy 67. The entrance to this park is just east of that intersection on Hwy 67. Lee Park originally belonged to the Town of Clinton before being turned over to Rock County in 1966. We'll meet near the softball diamond in the park.



August 7th, 10 am**Rock River Heritage Park****5801 N. River Rd., Janesville****Led by Carl Lange**

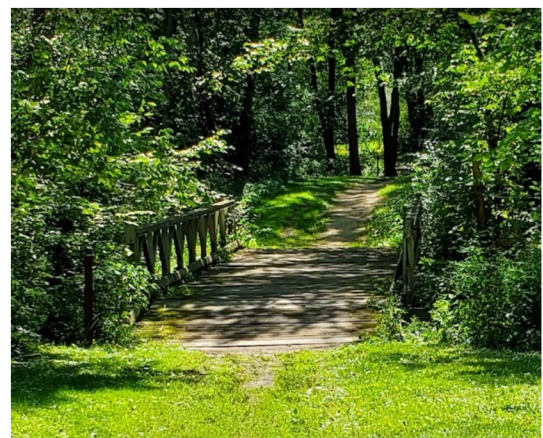
Come walk with us and explore Rock County's newest 178-acre park which is located northwest of Janesville on the eastern banks of the Rock River. The park was formerly owned and used by the Boy Scouts, and it was purchased by Rock County in February of 2022. (Follow the paved driveway to the parking lot at the end by Heritage Hall).

**August 14th, 10 am****Brodhead Historical Society -
Depot Museum****1108 1st Center Ave, Brodhead**

The Depot museum has many artifacts, photographs, displays and even a 1950 Locomotive and Caboose on display. The Historical Society accepts all donations to help fund their operation.

**August 21th, 10 am****Rockport Park - Peace Trail****2801 Rockport Rd, Janesville**

At almost 250-acres, Rockport Park is Janesville's largest park. Rockport has many different trails for hiking and biking. We'll be meeting at the Northwest corner of the main parking lot, North of the swimming pools. **This will be a longer walk**



August 28th, 10 am

Rotary Gardens

1455 Palmer Dr., Janesville

Rotary Botanical Gardens is a non-profit, 20-acre award-winning botanical showcase featuring 24 distinctive garden areas and more than 4,000 plant varieties. It is home to many themed gardens:

Japanese Garden, Italian Garden, English Cottage Garden, The Scottish Garden, the French Formal Garden and many more! This will be a longer walk of up to 2 hours to see the entire facility.

***There is no cost to the participants for this walk. Donations are appreciated for the Gardens, as they receive no funding from the city to operate.* ** Limited to the first 45 participants for the guided tour, all other guests would be self-guided.**



September 11th, 10 am

Ice Age Trail - Storrs Lake

6401 Storrs Lake Rd., Milton

Led by Dave Bendlin



This 1.7 mile segment of the Ice Age Trail is part of an almost 1,200 walking/hiking trail throughout the state. This trail segment has recently undergone an enhancement with the addition of an 856 foot-long boardwalk over parts of the trail that normally flooded out and would spend much of the season underwater.

September 18th, 10 am

Silverwood Park

771 Silver Lane, Edgerton

Led by David Bendlin

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. There are two entrances to this park. The first one, while heading East from Hwy 73, is for fishing. The second entrance, further East on Hwy 106, is the main entrance to the park and the one that we'll be using for our walk. (Located east of I-90, on Hwy. 106 East)

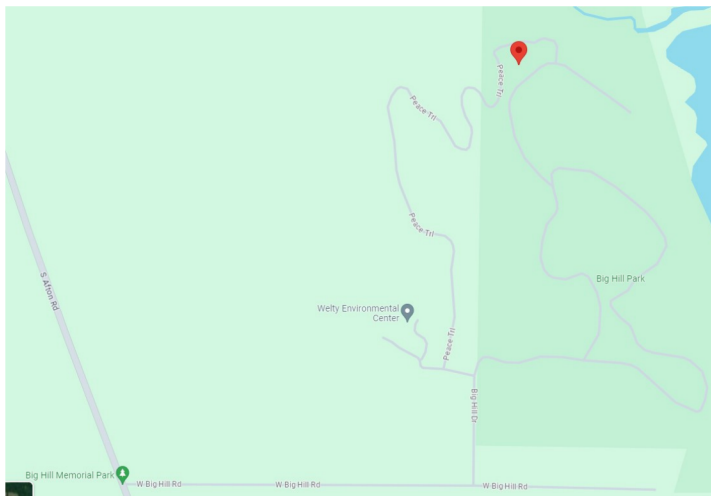


September 25th, 10 am**Skelly's Farm Market****2713 S. Hayner Rd., Janesville**

This is a self-guided event, you can walk the corn maze with the group, shop, or enjoy an apple cider on the patio! Don't forget to check out the fresh produce and bakery items!



****The Corn Maze is paid for by the Wednesday Walks Program, other activities/items are not included with our visit****

**October 2nd, 10 am****Big Hill Park****1201 Big Hill Dr., Beloit****Led by David Bendlin**

Big Hill has a fabulous assortment of colors to see as the leaves change for autumn. We'll meet at the Pavilion and play area parking area at the end of the park driveway to the northern side of the park.

October 9th, 10 am**Gibbs Lake Park****9103 W. Gibbs Lake Rd., Edgerton****Led by Jim Hessenauer**

Gibbs Lake Park is Rock County's largest park at nearly 278 acres. It has a series of marked and mostly level trails for easier hiking and walking. Come join us as we check out the colors as the leaves change for Fall!



THANK YOU, WEDNESDAY WALK GUIDES!

The Wednesday Walks program, with Mobility Management of the ADRC of Rock County, is deeply grateful for the participation of our guides who volunteer their time to come out and show us around the wonderful places in Rock County. They share great insight and information along with their expertise and knowledge of our community and the sights to see around us! So thank you for making these events even more enjoyable with your presence!

Jim Hessenauer

Jim, Parks Foreman, has been with the Rock County Parks Department for 27 years. He has a passion for natural settings within the county parks and enjoys connecting people to them. Jim is also a hockey coach for Milton High School. In his free time, he enjoys his family, gardening, fishing at his family cottage, and restoring his property to its natural state.



David Bendlin

David is a retired Milton High School science teacher who shares his knowledge and love of exploring nature with Wednesday Walk participants. A member of the Rock County Conservationists, he is active with many area conservation efforts.



Brian Hoppe

Brian has been with Rock County Transit for three years. He took up the sport of Disc Golf a few years ago and he is an avid enthusiast of the sport. He has played many of the courses available throughout Wisconsin and the Midwest. Brian loves sharing his passion of the Disc Golf with others.



The Benefits of Eating with Others:

Connecting Nutrition & Socialization for Better Health

THE POSITIVE IMPACT OF EATING TOGETHER:

Studies show that people who dine with others regularly eat healthier and report a better quality of life. It provides a sense of structure and belonging while offering greater opportunities for improved nutrition. Coming together over a meal can also provide meaningful ways to connect with others over shared beliefs and cultural interests. Benefits may include:

Physical Health

- Improved nutrition
- Reduced risk of chronic conditions
- Better mobility

Mental Health

- Increased self-care
- Sense of well-being
- Reduced anxiety and depression

Social Health

- Opportunities to connect
- Stronger relationships
- Reduced loneliness

REDUCED HUNGER IS MORE COMMON AS WE AGE:

As a result, some older adults skip meals or eat in an unbalanced manner when eating alone. When we eat with others, our nutrition intake improves. Examples may include:

Eating better overall

or certain food groups
like protein and vegetables.

Consuming More Calories

to provide needed energy.

Taking in More Nutrients

like iron, calcium, and folate.

Above Information provided by the Nutrition & Aging Resource Center, part of the Administration for Community Living.

Enjoy Delicious, Healthy Meals at a Dining Site Near You:

Eligibility: Any person age 60+

Suggested Contribution: \$5

608-757-5474 for reservations & info. (no later than noon the prior business day)

<u>Location</u>	<u>Address</u>	<u>Center Mgr</u>	<u>Meal Time</u>
Clinton	Senior Center 508 Front Street	Chris Tracy	11:30am Monday – Friday
Evansville	Creekside Place 102 Maple Street	Amy Martinson	11:30am Tues. & Thurs. only
Janesville	Riverview Café – Riverview Heights 930 N. Washington Street <i>Park behind bldg.</i>	Tony Tomaszewski	11:30am Monday – Friday
Beloit	Chews and News Grinnell Hall Senior Ctr. 631 Bluff Street	Cindy Ross	11:30am Monday – Friday
Milton	The Gathering Place 715 Campus Street	Candie Feurstein	11:30am Monday – Friday



Health & Wellness Workshops for Older Adults

The ADRC of Rock County/ Aging Unit offers evidence-based health and wellness workshops for older adults ages 60+ and caregivers. If you have questions about the workshops listed below or would like to register by phone, please call Lisa Messer, Health Promotion Coordinator, at: **(608) 757-5309** or email: Lisa.Messer@co.rock.wi.us.

You may also view updated program dates, times, and brochures online by going to: <https://www.co.rock.wi.us/departments/human-services/adrc> click on "Health Promotion Programs".



MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER.

Our most popular program! Taught by a female for females. Series is three sessions over five weeks. Designed to give older women learning strategies for preventing or lessening symptoms - researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%. Attendance of all three sessions is required! Suggested donation is \$10.



HEALTHY LIVING WITH CHRONIC PAIN - A high-level evidence-based program for people who have on-going, persistent pain. Developed at Stanford University, **the workshop sessions meet for 2-1/2 hours, once a week, for six consecutive weeks**. This program is very interactive, where mutual support and success build participants' confidence in their ability to manage their pain and maintain active, fulfilling lives. Facilitated by two trained Leaders the program delves into various topics related to mental, physical, and emotional well-being. Suggested donation is \$20.



LIVING WELL WITH CHRONIC CONDITIONS

A six-week workshop that provides information and support to people with any kind of ongoing health condition: e.g., heart disease, Parkinson's, arthritis, depression, high blood pressure, diabetes, chronic pain, anxiety, cancer, and any others. These highly participatory workshops build the participant's confidence in their ability to manage their health, communicate more effectively with family members and healthcare providers, de-stress and relax, and maintain active and fulfilling lives. Suggested donation \$15.



HEALTHY LIVING WITH DIABETES. *Appropriate for those with diabetes, pre-diabetes, or caregiver to someone with diabetes.* Each week has various topics related to mental, physical, and emotional wellbeing. Gain knowledge, share your experience, practice new skills, and help others. At a Healthy Living with Diabetes workshop, you'll do more than learn about your condition. You'll practice strategies, support others, and gain new tools to take better care of yourself. *Suggested donation \$15.*



The couch may be comfy but spending too much time sitting is bad for your health and is equivalent to smoking 15 cigarettes per day! The program is designed specifically for older adults who sit more than six hours per day. Stand Up has been researched and proven to reduce sitting time by 68 minutes per day. The program meets once per week for 2 hours for four weeks, followed by a Booster Session at Week 8. Donation \$10.

SteppingOn

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STEPPING ON is a **seven-week** series that is proven to reduce falls by 31%. In Stepping On workshops, we take fall prevention step-by-step. You'll learn how to build and maintain the physical strength and balance you need to walk confidently.

From footwear to prescriptions, you'll learn what increases your risk of a fall, how to avoid it, and make an Individualized action plan to stay on your feet and living life the way you want. Suggested donation \$15.

Powerful Tools FOR Caregivers

POWERFUL TOOLS FOR CAREGIVERS

Caregiver workshop which meets once a week for six weeks and is designed to help caregivers better cope with the challenges of caregiving. Proven to decrease negative emotions related to caregiving, increase confidence,

increase awareness and use of community resources for family caregivers. Participants will receive support and resources that will help make their caregiving journey easier. Suggested donation \$15.

To register contact Karen Tennyson at: **608-741-3615** or email: **Karen.Tennyson@co.rock.wi.us**



SUYN is a one-time 2.5-hour class. Suggested donation is \$5.

The workshops focus on:

1. How nutrition affects falls risk
2. The importance of muscles for strength
3. Key nutrients for older adults--particularly protein and fluid
4. How to determine personal nutrition risk
5. How to create an action plan to improve nutritional health



Eat Smart, Move More, Weigh Less** is a 15-week **online weight management program** that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live Registered Dietitian Nutritionist instructor. ***Must be dedicated to attend 12 of 15 sessions!*** Suggested donation is \$25. (This series is a \$250 value!) For more information go to: <https://esmmweighless.com/>

Contact Lisa Messer to determine eligibility!



Eat Smart, Move More, Prevent Diabetes** is a 12-month (24 session) **online** diabetes prevention program. The program is delivered in a real-time, online format so you can see and hear your instructor in a live session.

It has been approved and recognized by the Centers for Disease Control and Prevention (CDC) as a lifestyle change program, proven to prevent or delay the development of type 2 diabetes. **Suggested donation is \$45. (This series is a \$429 value!)** **Contact Lisa Messer to determine eligibility!**