

FOR IMMEDIATE RELEASE:

Aug. 31, 2023



CONTACT:

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Forest Preserve District of Kane County
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Step into our Preserves this Fall at Senior Stroll

GENEVA, IL — Seniors are invited to join District naturalists each month on a pleasant stroll in our natural areas.

Each month, we'll visit a different forest preserve to learn about the natural and cultural history of the area. The strolls begin at 10 a.m. and last about an hour, with social time and refreshments provided following the walk.

Grab your camera, bring a friend and get your steps in this fall. To celebrate the end of the year, we'll round out the season with a Holiday Potluck Party at the Barbara Belding Lodge at Brewster Forest Preserve.

Senior Stroll Fall Schedule:

Date: Thursday, Sept. 7

Time: 10:00 a.m. - noon

Location: Muirhead Springs Forest Preserve

Address: 42W855 Bahr Rd., Hampshire

FREE

Date: Thursday, Oct. 5

— MORE —

— **ADD ONE** —

Step into our Preserves this Fall at Senior Stroll
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Time: 10:00 a.m. - noon

Location: Bliss Woods Forest Preserve

Address: 5S660 Bliss Rd., Sugar Grove

FREE

Date: Thursday, Nov. 2

Time: 10:00 a.m. - noon

Location: Camp Tomo Chi-Chi Knolls

Address: 40W095 Freeman Rd., Gilberts

FREE

Holiday Potluck Party

Date: Thursday, Dec. 7

Time: 10:00 a.m. - noon

Location: Brewster Creek Forest Preserve

Address: 6N921 IL Route 25, St. Charles

FREE

These programs are free; however, donations are accepted to cover the cost of refreshments. Registration is not required. To view upcoming nature programs, visit www.kaneforest.com or search for us on social media @forestpreserve.