

SENIOR WALK



FRIDAY, MARCH 10TH 2023 @ 10:30AM

-PALISADES CENTER MALL, WEST NYACK-

For more than 20 years, the Meals on Wheels network has claimed the month of March to rally communities around its vital service, celebrate our senior neighbors and increase support for this successful public-private partnership that has ensured millions of older Americans can remain healthy and independent at home.

This year, our Senior Activity Center members will be participating in a mall walk to commemorate this month. We invite all Rockland County Seniors and their allies to come join us!



- No pre-registration
- Wear sneakers or walking shoes
- Meet at the East Court, 1st Level near Macy's
- 10:30am Kick-off rally and light stretch
- Water & Snacks served
- Door prizes
- Move at your own pace
- Have fun!



Level 1
Total Miles = .69

