

WALK FOR FUN FRIENDSHIP & YOUR HEALTH



Y Walk Wednesdays 2017

A series of free, guided evening walks featuring downtown neighborhoods, history, walking and health, architecture, wildlife and new development in Wilkes-Barre. All walks begin promptly at 6:00 pm leaving from the YMCA lobby. Walks are approximately 90 minutes long and lead by volunteer leaders. Wear comfortable clothing and shoes and bring water.

In case of rain or extreme heat the walk will be postponed until the same time the following evening. If raining or hot the following evening then the walk is cancelled and will not be rescheduled. For information call the YMCA, 570-823-2191, visit www.wbymca.org or visit the Y's Facebook page.

- June 7** ***Millionaires and Mansions.*** An architectural and social history stroll past some of 19th and early 20th century homes of several of Wilkes-Barre's leading families. Walk Leader: Tony Brooks, Wilkes-Barre Preservation Society.
- June 14** ***Native, Alien & Medicinal Plants of the Kirby Natural Area.*** Learn from folklore, history and science the benefits, drawbacks, unique uses and special powers of the many plants that call Kirby Park's wild, riparian woodland home. Walk Leader: Ken Klemow, Wilkes University.
- June 21** ***Keeping the Susquehanna Out of Our Living Rooms.*** Our local Wyoming Valley Flood Protection levee system works hard to keep the Susquehanna's waters where they belong: in the river. Explore the inner and outer workings; discover the system's secrets on the Agnes Flood anniversary (June 23rd1972). Walk Leader: Chris Belleman: Luzerne County Flood Protection Authority
- June 28** ***A Sidewalk View to Building a More Walkable Downtown.*** People use the word "Walkability" but what does the term really mean? Learn what is making our city's streetscapes safer, more efficient and more usable for all. Walk Leader: Larry Newman, Diamond City Partnership.
- July 12** ***A Walk on the Wild Side: The Kirby Park Natural Area.*** Explore the natural and wild wonders of the park's riparian forest, the wildlife that call it home, some history and the important role it plays as part of the Chesapeake Bay watershed. Walk Leader: Vinnie Cotrone, Penn State Cooperative Extension.
- July 19** ***Tour the Luzerne County Courthouse.*** The Luzerne County Courthouse is a lavish neoclassical gem from the heyday of Luzerne County's coal baron period. Tour the people's house and learn about what goes on inside. Walk Leader: Richard M. Hughes, III, President Judge.
- July 26** ***Walking Your Way to a Healthier You.*** Learn more about the many ways that regular activity like walking can improve your physical and mental health as well as decrease your risk for a variety of conditions including cancer, diabetes and obesity. Walk Leader: Pam Gurtis, Highmark Blue Cross Blue Shield.
- Aug. 2** ***A Journey Through Kings College.*** Wander through Kings' campus and surroundings and discover the history of the buildings and area. Learn how the transition of the campus and community are connected with the city's ever-changing society and culture. Walk Leader: Paul Zbiek, Kings College.
- Aug. 9** ***A D&L Heritage Corridor Photo Safari.*** While hunting for photogenic gems at the northern terminus of the D&L Trail, you will get the latest on the progress to connect the 165 mile route from Bucks County to Wilkes-Barre. Bring your camera! The best pics will be featured in social media posts and local media. Walk Leaders: Lauren Golden & Mike Burnside, Delaware & Lehigh National Heritage Corridor
- Aug. 16** ***Walking and Judaism in Downtown Wilkes-Barre.*** Take an exodus through downtown Wilkes Barre, visiting local synagogues, closed and open, and learn about walking in Jewish tradition, and the Wyoming Valley's invisible wall known as an eruv. Rabbi Roger Lerner, Temple B'nai B'rith.