

# COME ALONG WITH US

An Invitation from the Wednesday Walkers













# History of the Wednesday Walkers

August 2020 As a new Co-Chair for Activities I Sold the BEC on the benefits of Walking as New Activity Group. Our first walk was August 26, 2020.

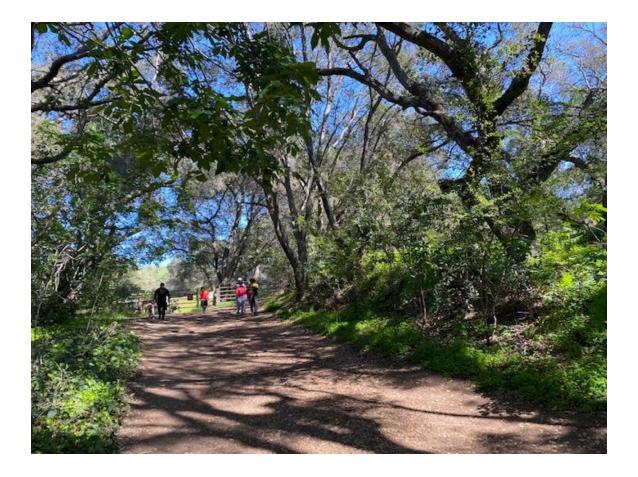
Since then we have done 41 weekly group walks.

We have explored 13 different venues, mostly East Bay Regional Parks, Several City Parks in Fremont and Newark, and the Don Edwards National Wildlife Refuge:

#### MAP OF WHERE WE'VE BEEN

Destinations from N. to S.: Garin (EBRP) Hayward Hills Dry Creek Pioneer (EBRP) Union City Hills Fremont Central Park, Lagoon, Gomes TrailD Sabercat Creek Trail, Mission San Jose Lakeshore Park, Newark Don Edwards Nat'l Wildlife Preserve, Newark Coyote Hills (EBRP) South Baylands Trail, Fremont Alameda Creek Trail, Fremont Quarry Lakes (EBRP), Fremont **Historic Niles** 

# See Where We've Been



Dry Creek/Pioneer Pic 2988



Pioneer/Dry Creek pic 2851



Pioneer/Dry Creek pic 3193



Above the Plunge pic 3406



Quarry Lakes Fishing Dock pic 3617



Quarry Lakes pic 2880

#### **Smell the Flowers**



Coyote Hills pic 2664



Central Park Fremont Permanent Residents pic 3462



# More Recent Residents of Fremont's Central Park Homeless Encampment behind Library



#### Homeless Encampment Library Parking Lot

Central Park Fremont

# **COVID 19 CHRISTMAS DECORATIONS**

Fremont Central Park



Fremont Central Park pic 2509

#### **Christmas Ornaments COVID 2020**



Fremont Central Park pic 2510

#### **Christmas Ornaments COVID 2020 Best of Show**



#### **Christmas Ornaments COVID 2020**

Fremont Central Park pic 2508

# Look at Our Wonderful Area

Strange Sightings



## Pirate Ship in Niles



## Icebergs in Newark!



## Fancy Ducks in Newark!



## **Preening Pelicans**



#### **Tortoise Laying Eggs along Niles Creek Trail**



## **Coyote Hills Turkeys**



pic2503

#### Deer at Stiver's Lagoon, Fremont Central Park



Egret along South Bay Trail



#### Change of Seasons, Change of Perceptions Spring at Don Edwards



#### Change of Seasons, Change of Perceptions Don Edwards in Fall/Winter

pic4026

# Healthful Benefits of Walking

Walking is "the closest thing we have to a Wonder Drug". Former Director of CDC Dr. Frieden

A Boon to Your Overall Health. It's Better than Zoom!

Walking in Nature Prevents Depression. It Clears Your Head of Life's Daily Concerns. It Strengthens Your Heart.

It Reminds Us of the Beauty Surrounding Us in this Area.

It Gets You Out of the House. (That may be good for your wife too.)

# FREQUENTLY ASKED QUESTIONS (FAQs)

How Fast is the Pace of the Walks? How Rough is the Terrain? How Steep are the Inclines/Declines? How Long are the Walks? Who Decides the Destinations? E-mails Sunday /Monday Notice Meetup Places/Times for Following Wednesday



#### Take Time to Smell the Flowers

# NEW FRIENDSHIPS, CAMARADERIE



## Join Us on a Walk. We'll Have Fun Together.