

WHATCOM PARKSCRIPTIONS DAY

SUNDAY, APRIL 28



Whatcom Parkscriptions Day is an opportunity for the people in our community to connect with positive outdoor experiences, and reap the many proven health benefits of time spent in nature. There will be a number of **FREE hosted events** offering a variety of experiences – all highlighting popular public parks in Whatcom County.

Choose your activity for the day, and come out and play!

Parkscriptions.org

1 Parkscription Day Headquarters

ZUANICH POINT PARK, 10am-1:30pm

Squalicum Boathouse: Join us at Parkscriptions Day HQ to learn more from our sponsors at our info fair, or take part in a variety of fun activities including: PediCab tours with the YMCA; demo by Silver Sneakers with refreshments by Humana; Walk with a Doc with Dr. Wu, Family Care Network; and Carol Frazey from Fit School.

Easy and Moderate Options, ADA Accessible

2 STIMPSON NATURE RESERVE, 9:30am-12:30pm

SmartTrips Bus Ride and Walk: Meet up with Smart Trips at the Downtown Bellingham WTA station by 9:30am, for an hour of trail exploration. **RSVP 360-756-TRIP. Moderate**

3 FAIRHAVEN PARK, 10-11am

A Walk in the Park: Join Michael Chiavario, Chuckanut Community Forest Park Steward, on a walk through the woods. Meet near the trailhead above the upper shelter at the SE corner of the park. **Moderate**

4 LINCOLN PARK, 10am-Noon (Blaine)

Disc Golf: Join the Whatcom Disc Golf club at Lincoln Park for some friendly competition. **Moderate**

5 HOVANDER PARK, 11am-noon (Ferndale)

Walk with a Doc: Hosted by Dr. Meg Lelonek of Family Health Associates, Family Care Network. Great for seniors and families! Take main entrance (River Lea Road). Meet near the garden. **Easy, ADA Accessible**

6 LAKE PADDEN, 11am-noon

Nutrition Therapy: Take a walk through the woods with Nutritionist and Diabetes Educator Dr. Jennifer Berdinka, PeaceHealth Medical Group. Take the East entrance. Meet at the shelter by the playground. **Moderate**

7 LAKE PADDEN, Noon-1pm

Women's Mountain Bike Ride: Join Shifting Gears for a leisurely bike ride around Lake Padden. Bikes/helmets provided. **RSVP at Parkscriptions.org to reserve a bike. Womxn only.** Take the East entrance. Meet by the dog park. **Moderate**

8 WHATCOM FALLS PARK, 11am-Noon

Forest Bathing: Learn the basic theory and practice of Japanese Forest Bathing with Carolyn Watson. From Lakeway Dr., take Silver Beach Rd. Meet near the playground. **Moderate**

9 WHATCOM FALLS PARK, 1-2pm

A Walk in the Park: Former Bellingham Parks & Recreation and Greenways staff, Tim Wahl, will lead a walk through time on a historic landscape tour. From Lakeway Dr., take Silver Beach Rd. Meet near the playground. **Moderate**

10 CORDATA PARK, 2-5pm

Vamos Community Family Picnic: Vamos Outdoors, a Bellingham nonprofit providing access to environmental education & outdoor leadership experiences to Latinx and ELL (English Language Learner) youth, is hosting a picnic for local families. **Easy, ADA Accessible**

BELLINGHAM SENIOR ACTIVITY CENTER

11 Longevity Stick, 2pm-4pm: A series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity, and vitality. 315 Halleck Street, Bellingham. **Easy, ADA Accessible**

12 Bocce Ball, 2pm-4pm: BSAC members will lead games on their lawn. Two courts available. **Easy, ADA Accessible**

13 Whatcom Creek Trail Walk, 2pm-4pm

Enjoy an easy pace and good company for this round trip walk from the Bellingham Senior Activity Center (BSAC) to Maritime Heritage Park. Meet at BSAC, 315 Halleck Street, Bellingham. **Easy, ADA Accessible**

14 PEACE ARCH HISTORICAL STATE PARK, 1pm

A Walk with a Ranger: A short walk and info tour about this State Park, operated in two countries. **Easy, ADA Accessible**

15 LARRABEE STATE PARK, 7pm to sunset

Sunset Tide Pool Walk with a Ranger. Sunset walk of the tidepools at the beach. Meet at the band shell. **Moderate**

16 BIRCH BAY STATE PARK, TBD

Walk with a Ranger. See website for more details.

