



**LAKEHEAD REGION**  
CONSERVATION AUTHORITY



**TD Friends of the  
Environment  
Foundation**

# ENGAGING SENIORS IN THE OUTDOORS

The Lakehead Region Conservation Authority (LRCA) is once again proud to offer our popular Engaging Seniors in the Outdoors Program. These complimentary programs are possible thanks to the generous support of the TD Friends of the Environment Foundation. These workshops, some of which may feature guest speakers, are designed for older adults who can comfortably walk for one hour at a gentle pace. You don't have to be a senior to participate, though, as all programs are family friendly!

**WHERE:** Meet at the LRCA Administrative Office at 130 Conservation Road; some workshops will feature busing to Conservation Areas

**TIME:** 9:00 a.m. - 12:00 p.m. (times may vary)

#### TENTATIVE SCHEDULE:

- **Thursday, May 26th**- Birding at Hurkett Cove
- **Friday, June 10th**- Orchids & Wildflowers at Mills Block
- **Thursday, July 28th**- Rocks of Thunder Bay
- **Thursday, August 25th**- GPS & Geocaching
- **Thursday, September 29th**- Trees of Hazelwood Lake
- **Thursday, October 6th**- Hill's Greenhouse Tour

**PRE-REGISTRATION IS REQUIRED AS SPACE IS LIMITED;  
TO REGISTER, PLEASE CALL (807) 344-5857**

\*All times, dates, locations and themes are subject to change. Visit our website or contact us for up-to-date information as event days approach.

**(807) 344-5857 | [www.lakeheadca.com](http://www.lakeheadca.com) | [info@lakeheadca.com](mailto:info@lakeheadca.com)**