

Seabury residents, staff, family and friends enjoyed a magnificent day celebrating the environment during their "Autumn Festival". Not to be discouraged by the blustery weather, several groups took to the trails, while others played bocce, croquet and horseshoes. A new game, "ladder ball" was also introduced, and promises to become a favorite.

Fortified with cider and pumpkin bread, one group set out on a resident-guided nature walk, while another group took a hike through the newly blazed Wildwoods Trail. Still others took to the trails by themselves to let nature be their muse with the practice of "en plein air" .



This event is the last in a series of very exciting 2010 trail events. We kicked off the season with our first annual Trails Day which we held in conjunction with the American Hiking Society. Click hereto view a video, and be sure to mark your calendar for the Second Annual Trails Day on June 4th, 2011. Following Trails Day we had a birding expedition led by one of Seabury's most avid birders, a nature walk, and a tree identification walk by a local arborist.

Now that the events hosted by Resident Services and Seabury's Trails Committee are over for the



season, we encourage you to strike out on your own! There is plenty of beauty to be seen in nature during the colder months. Go with a friend, or, if you go on your own, take a cell phone with Seabury's number programmed in just in case you should encounter any difficulty. There are so many benefits to being out on the trails... good exercise, fresh air, peace and quiet, and did you know trail walking even promotes better balance? So lace up your boots and get out your walking poles, there's no time like the present to practice successful aging!