

From: Midpeninsula Regional Open Space District <web@openspace.org>
Sent: Monday, December 30, 2019 11:03 AM
To: Anne Ferguson
Subject: Welcome in the New Year in open space!

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January 2020

Welcome in the New Year in open space! Experience the wonders of water in Midpen preserves, help badgers and burrowing owls, go green or discover a new preserve on a free docent-led hike. Plus, get updates from recent public meetings and find out how to share your thoughts on pending projects.

openspace.org



Partnership to Get Seniors Outdoors

Everyone can benefit from time outdoors, but a lack of transportation and companionship is often a barrier for seniors to access parks and open space. To help bridge this gap, we are collaborating with **Bay Area Older Adults** a nonprofit organization that provides outdoor recreation opportunities to adults age 50 and over. Over the next year, BAO is offering a series of introductory nature hikes at Midpen preserves, providing transportation and hike leaders to help seniors learn to navigate the trails safely.

At our first partnership hike in October at Long Ridge Preserve, 38 seniors joined Midpen and BAO staff on a 3.1-mile hike through shaded oak trees and learned about the history and geology of the area. Five more hikes will take place this year.

[Sign up to join Bay Area Older Adults on a hike ⇒](#)



Resolve to Get Outside in January!

If 'stay healthy' is one of your New Year resolutions, make plans to kick off the new year at one of our FREE docent-led activities. Whether you're looking for a fast paced aerobic hike, exploring mindfulness, or learning more about the local flora and fauna of the area, each month we offer a wide variety of outdoor activities.

[See all our docent-led activities ⇒](#)

- January 8: Board of Directors Meeting
- January 14: Planning & Natural Resources Committee Meeting
- January 15: Measure AA Bond Oversight Committee Meeting
- January 22: Board of Directors Meeting
- January 28: Legislative, Finance and Public Affairs Committee Meeting

Meeting agendas are posted online 72 hours before the meeting.

For a complete list of Midpen meetings and events visit
openspace.org/calendar



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330 Distel Circle
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