



## CMT Fall 2016 Ten Toe Express Walking Schedule

**NOTE: Please RSVP for SPECIAL WALKS by following the instructions provided. RSVPs not required for weekly walks unless requested by the walk leaders. In addition, you must be registered in the Ten Toe Express Fall 2016 program in order to participate in any walks.**

**ALL WALKS ARE SUBJECT TO CHANGE THROUGHOUT THE SESSION.**

### **Additional information to keep in mind:**

- Please be sure to read the walk leader's instructions for each walking group, as each have a different process for participating.
- CMT's Ten Toe website and Facebook page will always have the most current information on any changes to the walk schedules
  - CMT Facebook page - <https://www.facebook.com/STL.CMT>
  - Ten Toe Express website - <http://tentoes.cmt-stl.org/>
- In the case of inclement weather, walks will be cancelled. If there is any question about the walk, contact your walk leader to discuss.
- Many walks are vigorous, please plan accordingly and take any health conditions into consideration.

### **Fall 2016 Special Ten Toe Walks (check online for updates):**

RESERVATIONS MUST BE MADE IN ADVANCE at [tentoes.cmt-stl.org](http://tentoes.cmt-stl.org).

#### **September 8 – Fall 2016 Kick Off Walk: See the Changes at the Arch Grounds!**

When: Thursday, September 8, 2016  
Where to meet CMT: East Riverfront MetroLink Station (100 South Front Street, East St. Louis, IL 62201)  
Time: Arrive by 9 am at the Eads Bridge exit of the MetroLink Station  
Length of Walk: 2 miles roundtrip, approximately 2 hours  
Walk Capacity: 25 people

#### **RSVP REQUIRED**

CMT kicks off the Fall 2016 Session of the Ten Toe Express with a special walk in Downtown St. Louis spotlighting changes at the Gateway Arch grounds with the CityArchRiver project. A tour of the grounds, the new Riverfront, and architectural plans for the site will be led by guest walk leader Tom Nagel from the CityArchRiver Foundation.

Mr. Nagel will highlight construction underway at the Arch grounds in Downtown St. Louis, along with accessibility improvements along the riverfront, and other project details.

The guided walking tour will begin at 9 a.m. at the East Riverfront MetroLink Station. From there, the group will head out across the Eads Bridge toward the Missouri side of the Mississippi River. This walk has a limit of 25. Register today and make sure you are on step to hear the latest info on St. Louis' iconic landmark!

This walk has limited capacity.

### **September 17 – AARP in St. Louis On the Hunt**

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Co-sponsored by AARP in St. Louis

When: Saturday, Sept. 17, 2016  
Meet CMT&AARP at either: Shrewsbury Metro Station (8:50 am) or North Hanley MetroLink Station (8:45 am)  
Time: 8:45 am  
Length of Walk: around 2 miles  
Walk Capacity: 25 people

#### **RSVP REQUIRED**

AARP members and their guests are invited to join us on a Pokemon Go adventure through Forest Park on Saturday, September 17th. This is a great opportunity for grandparents, parents, children, nieces/nephews and grandchildren to join in on the Pokemon fun. After a brief introduction to Pokemon Go, we will start our hunt. We will end our time with a complimentary box lunch. Once the program is done, you can check out festivities at The Great Forest Park Balloon Race which starts at 12:00.

Lunch will be provided.

This walk has limited capacity.

### **October 15 – AARP in St. Louis Zoo Explorers**

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Co-sponsored by AARP in St. Louis

When: Saturday, October 15, 2016  
Meet CMT&AARP at either: Shrewsbury MetroLink Station (8:50 am)  
or North Hanley MetroLink Station (8:45 am)  
Time: 8:45 am  
Length of Walk: around 2 miles  
Walk Capacity: 25 people

#### **RSVP REQUIRED**

AARP members and their guests will be treated to a scavenger hunt through the St. Louis Zoo. Participants will be split into teams who will search the zoo for items on their list. At the end of the adventure, we will all gather for lunch and compare our lists. Another great opportunity to include other members of your family.

This walk has limited capacity.

### **November 12 – Soulard Sojour with AARP in St. Louis**

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Co-sponsored by AARP in St. Louis

When: Saturday, November 12, 2016  
Meet CMT&AARP at either: Shrewsbury MetroLink Station (8:50 am)  
or North Hanley MetroLink Station (8:45 am)  
Time: 8:45 am  
Length of Walk: around 2 miles  
Walk Capacity: 25 people

### **RSVP REQUIRED**

AARP members and their guests will explore the bounty that Soulard Market has to offer. We will learn about the history of the market along with doing a bit of personal shopping (optional). Following our visit to the market, we will visit a local bakery for a lesson on preparing healthy baked goods. And, of course, we will have to sample what is prepared! This will be an adult only program.

**NOTICE:** Walk leaders plan trips to specific destinations using the Metro Transit System. If you plan to travel with one of the walk groups, please join them at the location where the group begins their walk.

**Please DO NOT ask:**

1. For driving directions to the destination
2. For parking availability at the destination
3. To meet the group at the destination
4. To meet the group at a transfer point or along the way.

If you do require special accommodations, please contact the walk leader in advance to see if a specific walk will meet your needs.

## Fall 2016 Weekly Walk Groups:

### **STARTING POINT: Belleville MetroLink Station on Fridays**

Walk leader Mary Blaies leads the walks from the Belleville Station. The group will meet at the ticket kiosks on Fridays at 9:00 am. If you have questions about this walking group, please email [mblaies.stclairaging@yahoo.com](mailto:mblaies.stclairaging@yahoo.com).

Destination	Date of Walk	Day	Time	Walk Leader
TBA		Friday	9:00 am	Mary Blaies
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**STARTING POINT: Brentwood MetroLink Station on \*MOST\* Wednesdays**

Norm and Joan Krumrey are the walk leaders of the Brentwood group. They meet walkers at the Ticket Vending Machines at the Brentwood Station. Walks are moderate and include a stop for lunch. The cost of the lunch is the responsibility of each participant. Time involved is 3 – 4 hours. An email is sent prior to each week’s walk. If you wish to receive a notice please send your email address to [krumrey@att.net](mailto:krumrey@att.net), NOTE: This schedule is subject to change. NOTE OCCASIONAL DAY CHANGES.

Destination	Date of Walk	Day	Time	Walk Leader
Fall 2016 Kick Off Walk	Sept. 8	THURSDAY	9:00 am @ East Riverfront Station	CMT
Missouri History Museum – Route 66 exhibit	Sept. 14	Wednesday	9:00 am @ Brentwood	Norm & Joan
The Blues Museum – \$12 admission	Sept. 21	Wednesday	9:00 am @ Brentwood	Norm & Joan
TBD	Sept. 28	Wednesday		Norm & Joan
NO WALK	Oct. 5	Wednesday		
TBD	Oct. 12	Wednesday		Norm & Joan
NO WALK	Oct. 19	Wednesday		Norm & Joan
Mercantile Library – UMSL	Oct. 26	Wednesday	9:00 am @ Brentwood	Norm & Joan
NO WALK	Nov. 2	Wednesday		Norm & Joan
TBD	Nov. 9	Wednesday		Norm & Joan
TBD	Nov. 23	Wednesday		Norm & Joan
TBA	Nov. 30	Wednesday		Norm & Joan

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If you do require special accommodations, please contact the walk leader in advance to see if a specific walk will meet your needs.

**STARTING POINT: Forest Park MetroLink Station - Every Wednesday (repeat Weds. walks on some Thursdays)**

Unless noted, Mary Fran Balmer will meet her group on the platform. This group walks between 2 and 5 miles and always schedules a lunch stop. Plan on 3-5 hours each trip. If you wish to receive an email prior to each week’s walk, send your email address to [10tentoesmfb@att.net](mailto:10tentoesmfb@att.net). This email will give complete information about the day’s activities. Leader will be at starting point, rain or shine!

Destination	Date of Walk	Day	Time	Walk Leader
DOWNTOWN: Early lunch at Schlafly’s. Walk downtown. Opportunity to register at CMT office, get senior ID at Visitors Center. Continue to Riverfront.	Sept. 14	Wednesday	10 am	Mary Fran Balmer
DOWNTOWN: Early lunch at Schlafly’s. Walk downtown. Opportunity to register at CMT office, get senior ID at Visitors Center. Continue to Riverfront.	Sept. 15	THURSDAY	10 a.m.	Mary Fran Balmer
<b>SOLD OUT!!!</b> Bus trip to Columbia MO—Tour Gardens at Mizzou—Shop/Eat in the District Area. <b>SOLD OUT!!!!</b>	Sept. 21	Wednesday	10:00 am	Mary Fran Balmer
Walk Missouri Botanical Garden. Lunch at Southwest Market—If time permits, walk the Hill.	Sept. 28	Wednesday	10:00 am	Mary Fran Balmer
Walk Missouri Botanical Garden. Lunch at Southwest Market—If time permits, walk the Hill.	Sept. 29	THURSDAY	10:00 am	Mary Fran Balmer
See Ten Toes walker’s Tap Dance group perform at History Museum. Walk through Forest Park to lunch at Highlands Golf Course.	Oct. 5	Wednesday	10:00 am	Mary Fran Balmer
TBD	Oct. 12	Wednesday	10:00 am	Mary Fran Balmer
TBD	Oct. 19	Wednesday	10:00 am	Mary Fran Balmer
TBD	Oct. 26	Wednesday	10:00 am	Mary Fran Balmer
TBD	Nov. 2	Wednesday	10:00 am	Mary Fran Balmer
TBD	Nov. 9	Wednesday	10:00 am	Mary Fran Balmer

## **STARTING POINT: Rock Road MetroLink Station on Sundays**

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The Rock Road Station walks will be led by a team of walk leaders. Each walk leader will add his/her own flair to the walks. These walks will occur on Sundays at 2:45 pm and will be family friendly unless specified otherwise.

Please contact Becky Reinhart at Beyond Housing if you are interested in this group. She can be reached by phone at 314-537-1407 phone and by email at [breinhart@beyondhousing.org](mailto:breinhart@beyondhousing.org).

<b>Destination</b>	<b>Date of Walk</b>	<b>Day</b>	<b>Time</b>	<b>Walk Leader</b>
Forest Park	Sept. 11	Sunday	3:00 pm	Gail Delaney
The Grove	Sept 18	Sunday	3:00 pm	TBD
U-City Loop	Sept. 25	Sunday	3:00 pm	TBD
Wayne Goode Trail – UMSL	Oct. 2	Sunday	3:00 pm	TBD
Zoo	Oct. 9	Sunday	3:00 pm	TBD
Laclede's Landing/Eads Bridge	Oct. 16	Sunday	3:00 pm	TBD
Shaw Park	Oct. 23	Sunday	3:00 pm	TBD
Washington University	Oct. 30	Sunday	3:00 pm	TBD
Central Library	Nov. 6	Sunday	3:00 pm	TBD
Parkview	Nov. 13	Sunday	3:00 pm	TBD
Central West End	Nov. 20	Sunday	3:00 pm	TBD
St. Vincent Greenway-UMSL	Nov. 27	Sunday	3:00 pm	TBD

**Alternate walk locations in event of inclement weather:** Galleria mall, Union Station, St. Louis Mills, St. Louis Art Museum. Group will meet at Rock Rd. Station as scheduled.

## **STARTING POINT: Shrewsbury MetroLink Station on \*MOST\* Mondays**

Dan and Meredith O'Connor lead this group and e-mail the group several days before each walk. If new, e-mail them to get on the list. Dan and Meredith can be reached at [panad65@yahoo.com](mailto:panad65@yahoo.com) or 314-729-0085. Some walks will require an RSVP AFTER the weekly e-mail is sent, a few days before their walks. You are encouraged to get on the e-mail list for the latest information.

All walks meet at Shrewsbury Landsdowne MetroLink Station unless otherwise noted.

These walks are 'moderate calorie burners'. Be at the METRO stop at the times listed....NOTE VARIED TIMES. Walks will be canceled by 8 am if inclement weather. Dan & Meredith's walks usually meet near the bus stops close to Landsdowne.

Destination	Date of Walk	Day	Time	Walk Leader
History Museum (Route 66 exhibit)	Sept. 12	Monday	9:30 am	Dan & Meredith O'Connor
CWE (Selkirk auction preview)	Sept. 19	Monday	9:10 am	Dan & Meredith O'Connor
Compton Heights	Sept. 26	Monday	9:20 am	Dan & Meredith O'Connor
Firecracker Press Tour (Old North) \$	Oct. 3	Monday	8:45 am	Dan & Meredith O'Connor
TBA	Oct. 10	Monday	TBA	Dan & Meredith O'Connor
Cathedral Mosaic Museum \$2	Oct. 17	Monday	9:10 am	Dan & Meredith O'Connor
Buddhist Temple	Oct. 24	Monday	Check Email	Dan & Meredith O'Connor
Muslim Mosque	Oct. 31	Monday	Check Email	Dan & Meredith O'Connor
TBA	Nov. 7	Monday	TBA	Dan & Meredith O'Connor
TBA	Nov. 14	Monday	TBA	Dan & Meredith O'Connor
TBA	Nov. 21	Monday	TBA	Dan & Meredith O'Connor
TBA	Nov. 27	Monday	TBA	

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