



Step Up Forsyth! Week 6

October 23 - 29

Weekly challenge— Visit a new park this week

Challenge sheet attached and posted at <http://www.forsyth.cc/PublicHealth/>

You are invited to

**Salem Creek Greenway
"Walk and Talk"**

Sunday, October 23, 3 pm

Meet at the pedestrian bridge
by the Gateway YWCA

Speakers:

Tim Grant—Director of
Recreation and Parks for the
City of Winston-Salem
Dan Besse—Southwest
Ward City Council
representative

Learn more about greenway
construction, maintenance,
visioning, planning and more!

The goal of the interactive
walk and talk is to help
residents learn more about
greenways in our community.

**This family-friendly event is
sponsored by Forsyth
Greenways Connection**

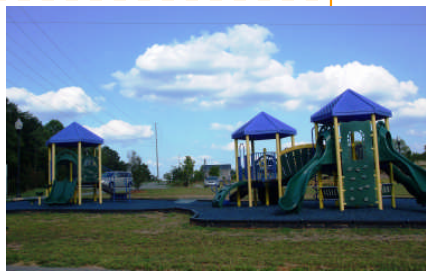
Jack Warren Park— In 2005, Mary Alice Warren donated 15 acres to the Town of Lewisville for a park in honor of her late husband, Jack Warren. And, what a delightful park it is! This park has an outstanding 1/2 mile paved path that is hilly (good cardiovascular exercise), interesting and scenic.

Instead of driving to the park, you may choose to access the park on foot from downtown Lewisville. You can walk to the park on the new sidewalk on Lewisville-Clemmons Road— it is about 1-mile (one-way) to the park. Cyclists can ride to the park and park their bike at the bike rack.

Whenever possible, walking or biking to your exercise destination is a great way to warm-up and add time to your total daily activity. Also, try to think of walking and biking when making quick trips to the store or when running errands.

Other park features include a playground, large pavilion with picnic tables, restrooms, two bocce ball courts and a large multipurpose field. Dogs are not permitted in the park.

Note: If you continue east about 0.2 miles on Lewisville-Clemmons Road, you will come to Joanie Moser Park (a nice County park).



Numa and Emma Covington Memorial Park — Located on land donated by the Covington family, the Town of Rural Hall dedicated this park in April of 1983.

The park includes a picnic shelter, tot lot, lighted tennis courts, softball field, maintenance building, concession stand, lake, volleyball court and a walking/exercise trail.

Parks are wonderful places for people to gather and hold events or activities. This park has been the hub of many community activities including Fall Festivals, Easter Egg Hunts, Farmer's Markets, Town celebrations and Town sponsored recreation leagues. Parks are also good places for family reunions, birthday parties, school and church picnics.

