

# July 2023 Public Programming at Fresh Pond

**Thursday, July through October**

**10:00am to 12:00noon**

**Fresh Pond Stewards**

Meets at the volunteer trailer near the front of the Water Treatment Facility, 250 Fresh Pond Parkway.



Join our weed-warrior crew! We are Fresh Pond citizens dedicated to this property healthy for the benefit of wildlife, water and humans alike. No experience or long-term commitment necessary! All tools are provided; sturdy shoes, pants, long-sleeves and a water bottle are strongly recommended. Meets at the volunteer trailer in the lower parking lot. Contact Ranger Omar at [OMejia@cambridgeMA.gov](mailto:OMejia@cambridgeMA.gov) for more information.

**Monday, July 10th**

**6:00pm to 7:30pm**

**Walter J Sullivan Water Purification Facility Tour**

Meets at the Water Treatment Plant (front door), 250 Fresh Pond Parkway



Come learn how the Cambridge Water Department purifies drinking water for your tap after it's conveyed from nearby Fresh Pond into our facility. You'll have the chance to speak with water treatment staff, see the equipment in action and check out our water quality lab! For more information, contact Ranger Tim at (617) 349-6489 or [tpuopolo@cambridgeMA.gov](mailto:tpuopolo@cambridgeMA.gov). Please call ahead if coming with a large group.

**Sunday, July 9th**

**1:00pm to 2:30pm**

**Meadow Walk with Ranger Tim**

Meets at the Ranger Station (under the clock tower), 250 Fresh Pond Parkway



Join Ranger Tim on this leisurely walk from the Ranger Station at Fresh Pond into and around the Lusitania Meadow. Meadows are teeming with life, and to the untrained eye you may walk right past something magnificent. Learn what meadows do for the environment and understand a new appreciation for the little things on this casual nature walk. For more information, contact Ranger Tim at (617) 349-6489 or [tpuopolo@cambridgeMA.gov](mailto:tpuopolo@cambridgeMA.gov).

**Fresh Pond Reservation: Protecting Cambridge's Drinking Water Supply since 1889**

All events free & open to the public!

Continued on the backside →

Fresh Pond Reservation is managed by the Cambridge Water Dept.  
Questions? Contact Ranger Tim at [tpuopolo@cambridgeMA.gov](mailto:tpuopolo@cambridgeMA.gov)



/FreshPondReservation



**Sunday, July 16<sup>th</sup>**

**5:00pm to 6:30pm**

**Mindfulness at Fresh Pond**

Meets at the Ranger Station (under the clock tower), 250 Fresh Pond Parkway



Join Ranger Tim and guest guide, Stefanie Haug, as we explore Fresh Pond Reservation by slowing down, being attentive to nature with all our senses, and deepening our appreciation for this special slice of our Cambridge neighborhood. Our Mindful Outdoor Experience will include: simple warm-up movements, natural history of the area, guided breathing and centering awareness, mindful walking with sensory activities, and finding our nature meditation/sit spot.

Stefanie Haug, LICSW (she/her) guides people on journeys of self-awareness and relationship with nature as a local psychotherapist and certified Mindful Outdoor Guide (Kripalu School of Mindful Outdoor Leadership).

**Saturday, July 22<sup>nd</sup>**

**Noon to 1:30pm**

**Nature Walk with Ranger Omar**

Meets at the Ranger Station (under the clock tower), 250 Fresh Pond Parkway



Join Ranger Omar for a lunch time walk around the reservoir to familiarize yourself with all the natural and man-made features that make up Fresh Pond and see some of the natural character of July. Includes off trail areas. Come dressed to be outside. For questions or more information contact: [omejia@cambridgeMA.gov](mailto:omejia@cambridgeMA.gov)

**Monday, July 31<sup>st</sup>**

**10:15am to 11:15am**

**Fresh Pond Nature Walk (Collins Branch Library)**

Meets at the Collins Branch Library (64 Aberdeen Ave.)



Join us for a relaxing walk of Fresh Pond with Ranger Tim! No two weeks are the same in nature, and Tim will share his insights about what's growing, changing, and blooming in the neighborhood. The walk will meet in the courtyard of the Collins Branch (64 Aberdeen Ave.) and leave together towards the pond at 10:15am. This is a summer weather walk so clothing for warm temperatures is suggested. For more information or with any questions, please contact Lucy at [LFlamm@CambridgeMA.gov](mailto:LFlamm@CambridgeMA.gov)

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