

Healthy Waltham Summer 2007 Updates

Hello all! Happy Summer!

***Free Lunch Program for Kids * is alive and well in Waltham again this year, but could use your help.**

Summer is here! Waltham's water parks are jumping with kids, and at five locations in Waltham, the Waltham Boys & Girls Club is once again administering a Summer Lunch Program with the help of community volunteers. If you have time to help distribute



Kids at Chesterbrook Gardens on Lexington St. pick up their summer lunch on a hot day from Waltham Boys and Girls Club staff members Carmen Alesse and Coco Fernandez assisted by volunteer Professor Laura Goldin from Brandeis University.

lunches at one of their locations, please call Katie Corbett at 781-893-6620 and make a lunchtime date with the kids of Waltham! Also, here's a message from Waltham Boys and Girls Club's Executive Director: "The Club anticipates serving 6,500 lunches this summer but needs your help. The Summer Lunch Program has received monetary and volunteer support from the Waltham Partnership for

Youth and other concerned citizens; even so, the program is currently operating at a

\$5,500 deficit. Feel free to contact the Club's Executive Director, Jenn Aldworth, at 781-893-6620 if you are interested in making a donation. Thank you for making a difference in the lives of the children of our community." For more details on the summer lunch program locations and schedule, visit http://healthy-waltham.org/summer_lunch.htm

Healthy Waltham Invites you to our next Steering Committee meeting on Tuesday July 24 from 9:30 a.m. to 11:00 a.m. at the Waltham Public Library Lecture Hall

Please join us at our next Steering Committee meeting for a conversation on how we may better connect with each other to further the mission of Healthy Waltham and many other community organizations at once. David Crowley, President and Founder of Social Capital Inc. (SCI) will be presenting an overview of SCI's outreach work, with an emphasis on SCI's dynamic civic networking website and related programs that are available for replication. The mission of SCI is "to strengthen communities by connecting diverse individuals and organizations through civic engagement initiatives.

We envision a nation where individuals are strongly connected to their neighbors and play an active role in shaping the destiny of their communities. This increase in ‘social capital’ will result in communities that are safer, healthier and more vital.” For more information on SCI, visit www.socialcapitalinc.org For more information on this session, please contact Judy Fallows at jfallows@healthy-waltham.org. This meeting is open to the public and all are welcome to attend.

Please Join Us!

Waltham Walks in the Woods– Save the date!

On Sunday afternoon September 23, 2007 Healthy Waltham and the Waltham Land Trust will be co-sponsoring a walk in the woods of Waltham! As you may know, Waltham has a lot of open space and the Waltham Land Trust is working on making some of these spaces more accessible to the public for our health and enjoyment. Please join us to promote your own good health as well as the health of our open spaces! For further information, please contact Karen Patterson at kpatters@walthamlandtrust.org or Judy Fallows at jfallows@healthy-waltham.org