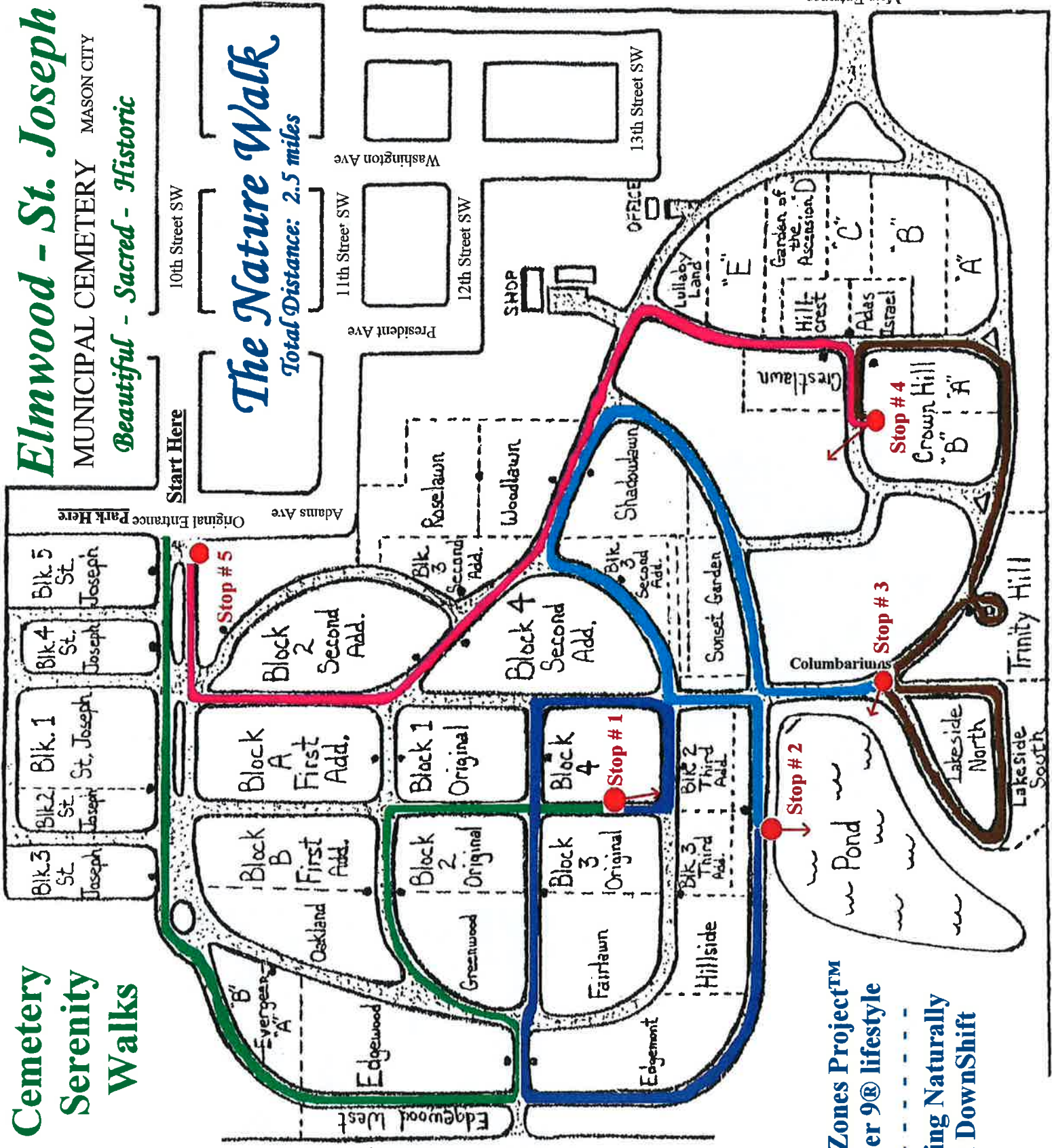


# Cemetery Serenity Walks

# Elmwood - St. Joseph

MUNICIPAL CEMETERY MASON CITY

Beautiful - Sacred - Historic



## The Nature Walk

Total Distance: 2.5 miles

Start Here

Blue Zones Project™  
Power 9® lifestyle  
---  
Moving Naturally  
and DownShift

Original Entrance Park Here

10th Street SW

Monroe Avenue West Entrance

Washington Ave

11th Street SW

President Ave

12th Street SW

13th Street SW

Main Entrance

South Federal Avenue

Trinity Hill  
Lakeside North  
Lakeside South

Columbarium

Garden of the Hill Ascension  
Hill Crest  
Adas Israel  
"A" "B" "C" "D" "E"

Stop #4  
Crown Hill  
"B" "A"

Stop #3

Stop #2  
Pond

Stop #1

Stop #5

Block 2  
Second Add.

Block 4  
Second Add.

Block A  
First Add.

Block 1  
Original

Block 4  
Original

Block B  
First Add.

Block 2  
Original

Block 3  
Original

Block 2  
Third Add.

Block 3  
Third Add.

Blk 5  
St. Joseph

Blk 4  
St. Joseph

Blk 1  
St. Joseph

Blk 2  
St. Joseph

Blk 3  
St. Joseph

Edgewood West

Edgewood

Oakland

Greenwood

Fairlawn

Hillside

Edgemoor

Sunset Garden

Shadblawn

Woodlawn

Roselawn

SNHP

OFFICE

Lullaby Land

## Nature Walk Directions

Follow **Green** route to **Stop # 1** which is by the black Madalinski monument. Look south toward the pond and appreciate the diversity of nature: rolling and level terrains; wooded and open areas; water, land and sky.

Follow the **Violet** route to **Stop # 2** which is by the picnic table next to the pond. Enjoy the wildlife on or around the water. Geese, ducks, egrets, herons, hawks, owls, eagles, turtles, fish, deer, and other wildlife visit the cemetery grounds during different seasons.

Follow the **Blue** route to **Stop # 3** which is by the columbarium. Look west and notice the willow tree and cattails. Look north and consider the wide variety of trees and plants that make up our beautiful world.

Follow the **Brown** route to **Stop # 4** which is the Mary Ellen Ward feature. Sit on the bench and notice the Irish blessing on the stone and contemplate the sun and the wind.

Follow the **Red** route to **Stop # 5** which is at the southwest side of the original cemetery entrance. Enjoy the rose bushes and other plantings that contrast with the hard limestone pillars and concrete pavers.

The cemetery staff and volunteers hope you enjoyed your visit to our beautiful grounds.

## Elmwood - St. Joseph

**MUNICIPAL CEMETERY**  
1224 S. Washington Avenue Mason City, IA 50401

**Phone 641-421-3687**

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Web page at [www.masoncity.net](http://www.masoncity.net)

## Cemetery Serenity Walks

In support of the Blue Zones Project™ and moving naturally, the Elmwood-St. Joseph Municipal Cemetery has developed a Serenity Walk program. The program combines two of the Power 9® lifestyle practices, Moving Naturally and Down Shift.

The City's cemetery provides our citizens with a beautiful setting with paved streets to walk on that have minimal traffic to encourage the Move Naturally principle. The beauty and history within the grounds and the meditation areas with benches offer opportunities to Down Shift.

Maps are available with three different routes and distances that can be combined for the various capabilities and interests of our 'meditating movers'. The maps identify different points of interest along the routes with the different themes of nature, spiritual and history. The themes provide ideas for downshifting while strolling or relaxing along the way. An easy route without hills is also available for citizens that prefer a more leisurely walk.



*Benches are available throughout the cemetery to provide places to DownShift.*

# Cemetery Serenity Walks



*Beautiful ~ Sacred ~ Historic*

## The Nature Walk

Take a relaxing stroll and meditate on the beauty of nature and your relationship with it.

*All Serenity Walks begin and end at the original cemetery entrance at the 200 block of 10<sup>th</sup> Street SW*