

Walking Group



The Walking Group is a sociable group of people who like to have fun while getting some exercise. There is no need to sign up, just show up. The group meets every Tuesday at 9:30 am and every Saturday at 10:00 am in the parking lot opposite the Red Apple store at the Wembley Mall. The Autumn Tuesday Walk Schedule is now available. See separate link following this page.

Be sure to arrive 10 minutes early because the group leaves on time to get to the walk location. Wear appropriate clothing. Walks are ranked from 1 (easy) to 5 (difficult). Each Walk has a leader or leaders. Restaurant lunches afterwards are optional but a great way to get to know folks.

Saturday walks take place in the local area and last approximately 1-1/2 hours on fairly flat surfaces. There is no schedule for these walks just come to the Wembley Mall meeting spot and be surprised.

For more info contact Marvin and Kim Lock at k_lock8588@hotmail.com or 780-882-5021.