

## Lincoln Wednesday Walking Group programme July to September 2024

3 Jul 2024	Avon River City Walk	Meet at	9:35 am	at the bus stop near the Famous Grouse; bus to the City
10 Jul 2024	Te Whariki - Springs	Meet at	10.00 am	at Community Care Lincoln
17 Jul 2024	Lunch at the Crate & Barrel, Leeston	Meet at	12:00 pm	Meet at Leeston in time for lunch at 12:30 pm. Numbers to Jill or Al asap.
24 Jul 2024	Liffey Springs	Meet at	10.00 am	at Community Care Lincoln
31 Jul 2024	Lincoln Walkways	Meet at	10.00 am	at Community Care Lincoln
7 Aug 2024	Faringdon - Rolleston	Meet at	9:30 am	at Community Care Lincoln; car pool to Faringdon-Rolleston
14 Aug 2024	Southfield Drive - Rosemerryn	Meet at	10.00 am	at Community Care Lincoln
21 Aug 2024	Liffey Stream - Te Whariki	Meet at	10.00 am	at Community Care Lincoln
28 Aug 2024	Tai Tapu - township	Meet at	9:30 am	at Community Care Lincoln; car pool to Tai Tapu
4 Sep 2024	Boundary Road-Cemetery- Barton-Oaks	Meet at	10.00 am	at Community Care Lincoln
11 Sep 2024	L1 - Southfield - Blunden - Gerald	Meet at	10.00 am	at Community Care Lincoln
18 Sep 2024	Wigram Skies	Meet at	9:30 am	at Community Care Lincoln; car pool to LeBakerman Café, Wigram Road
25 Sep 2024	Flemington - Barton Fields	Meet at	10.00 am	at Community Care Lincoln

## If the weather is bad we may go straight to a café for coffee.

For more information contact Alastair - 021 052 3787 or Jill - 021 038 4826

A copy of this schedule can be found at - http://lincolncomcare.co.nz/senior-exercise-group/