

## Lincoln Wednesday Walk Group programme October - December 2023

4 Oct 2023	Cashmere riverside loop	Meet at 9:30 am	at Community Care Lincoln; car pool to Cashmere
11 Oct 2023	Lincoln Walkways	Meet at 10.00 am	at Community Care Lincoln
18 Oct 2023	Tai Tapu - Rhodes, Otahuna & Cossars Roads	Meet at 9:30 am	at Community Care Lincoln; car pool to the Raspberry Café at Tai Tapu
25 Oct 2023	Southfield Drive - Rosemerryn	Meet at 10.00 am	at Community Care Lincoln
1 Nov 2023	llam University	Meet at 9:35 am	at the bus stop near the Famous Grouse; bus to Riccarton
8 Nov 2023	L1 - Southfield - Blunden - Gerald	Meet at 10.00 am	at Community Care Lincoln
15 Nov 2023	Prebbleton	Meet at 9:35 am	at the bus stop near the Famous Grouse; bus to Prebbleton
22 Nov 2023	Liffey Springs	Meet at 10.00 am	at Community Care Lincoln
29 Nov 2023	Halswell	Meet at 9:30 am	at Community Care Lincoln; car pool to Halswell
6 Dec 2023	Boundary Road-Cemetery- Barton-Oaks-OReilly	Meet at 10.00 am	at Community Care Lincoln coffee at the Men's Shed
Friday 15 Dec 2023	Pizza in the Park + croquet & music. BYO drinks. Partners welcome.	Meet at 9:30 am	at bus stop by the Famous Grouse; bus to Hagley Park. Cost \$30 (booked 10:30am-2:00pm) Number attending to Jill or Al by 6 Dec.
17 Jan 2024	L1 - Southfield Drive - Te Whariki	Meet at 10.00 am	at Community Care Lincoln
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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/