

Fall 2025 Winter 2026 Walking United

Join us for **Walking United**. We meet at 9:15 a.m. on Monday's at various trails in the city. See the schedule below for dates & locations. We walk at various paces, **there's a pace and a place for everyone**. Our walks are usually no more than 1 hour. Come when you can, no experience necessary! For more information call Brenda Reid @ 403 346-6838 or Caron Murray @ (403) 396-2376

Oct. 6 Riverbend
Oct. 13 Heritage Ranch
Oct. 20 Kerry Wood Nature Centre
Oct. 27 Kiwanis Picnic Park

Nov. 3 Cronquist House
Nov.10 Bower Mall
Nov.17 Mckenzie Trails
Nov. 24 Riverbend

Dec. 1 Michael O'Brien Wetland
Dec. 8 Barrett Park Trail
Dec.15 Cronquist House
Dec.22 Bower Mall
Dec.29 Kiwanis Picnic Park

Jan. 5 Riverbend
Jan. 12 Bower Mall
Jan. 19 Barrett Park Trail
Jan. 26 Michael O'Brien Wetland

*Servus Arena free Walking Track is also an option. It is a good option to avoid the ice and cold. May be closed on holiday Mondays.

