

## **Winter/Spring Walking United 2026**

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 at 403 396-2376.

Feb. 2 Kerry Wood Nature Centre

Feb. 9 Cronquist House

Feb. 16 Riverbend

Feb. 23 Bower Mall

Mar 2 Kiwanis Picnic Park

Mar 9 Barrett Park Trail

Mar 16 Mckenzie Trails

Mar 23 Michael O'Brien Wetland

Mar 30 Kerry Wood Nature Centre

April 6 Riverbend

April 13 Cronquist House

April 20 Bower Mall

April 27 Kiwanis Picnic Park

May 4 Barrett Park Trail

May 11 Mckenzie Trails

May 18 Riverbend

May 25 Kerry Wood Nature Centre

Servus Arena free Walking Track is an option, especially when you want to avoid the cold and ice. May be closed on holiday Mondays. Some of the inside walkers choose to walk in Bower Mall on holiday Mondays. They meet in the mall at the South entrance by Sunterra Market.

