

Walking Club

One of the venues for the TEGSA summer walking exercise was the beautiful Milliken Park, situated quite conveniently in Scarborough. This Park offers extensive walking trails surrounding wooded areas, well-maintained grassy, wide open spaces, ideal for nature walks. We would begin our exercise with a brief warm-up, continue along the scenic trails, with its beautiful pond inhabited by a family of white swans, the newly created rain garden, enjoying the camaraderie of whoever came our way. After our hour-long invigorating trek and leisurely cool-down, time to take some pictures in the well laid-out gardens maintained exclusively for memorial trees and wedding photos.

Then ...time for well-deserved refreshments of extra large muffins and cool drinks... and a refreshing return to our homes!"

Cheers for TEGSA!!!

Pamela Nazareth

Photographer: Bel Remedios