

LENZ WALKING CLUB

(Ismail Vadi)

The Lenz Walking Club encourages senior citizens to walk at the Lenasia Rose Park between 9am and 11am every Tuesday and Thursday.



It acts as a weekly social get-together of senior citizens. Participants walk at their own pace. Distances vary from the 2.5km Rose Park Walkway to a leisurely stroll along the contours of the garden, depending on the person's strength and capacity.

This is not a high-energy programme. It is casual in nature with a view to getting senior citizens outdoors and in the sunlight, doing a bit of exercising and meeting associates.

There is no membership fee, and participants can choose whether they will attend on either a Tuesday or Thursday, or on both days.

The walk ends with a light refreshment provided by the participants.

Interested persons may contact Uncle Ismail on 073 461 3014.