

## **Sports & Outdoor/Active Living**

**Curling:** Looking for a winter sport? What about giving curling a try? No experience is required for this fun and welcoming group. There are some fun curls and a curling clinic at the beginning of the season to help you get ready for the season. As the organizers say, “We are here to have some FUN and to SOCIALIZE. OH!!! yes.....we do try to CURL!!!”

**Walking Group:** Enjoy camaraderie and brisk walking in our beautiful River Valley. All you need is enthusiasm & walking shoes. We meet once a week at various locations throughout the Valley.

**Hiking Group:** This is a highly successful group, who organize an annual hiking trip. While membership is full, another group is being started by interested members.

**Canoe Trip:** In late summer/early fall members can experience a day of canoeing on the North Saskatchewan River. Both half and full day trips have been done in the past, with a stop to enjoy a lunch or some snacks along the way. No experience is necessary.

**Golf Fun Day:** This is one of our longstanding events and we hope to encourage more members to join this fun day in the spring. Less experienced golfers welcome.

**Gardening Dirty Hands Club:** This is a group for those who love getting out into the garden. Members toured public gardens such as the Devonian Botanical Garden and Muttart Conservatory, and private gardens of other members or avid gardeners like Con Bolan. Guest speakers are invited to discuss a variety of topics and there is an annual plant exchange. Experienced and beginner gardeners alike are welcome.

**Biking:** Members have enjoyed cycling in the river valley, stopping for lunch at a restaurant along the way.

**Classes:** Classes are organized depending on the interests of the membership. In the past members participated in a morning of yoga, followed by lunch.