

Walk in the Park

Walking for fitness & fun

park
people
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parcs

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Waterfront Optimistic Walkers WOW!

Join this new park walking program for seniors and older adults to explore local parks! WOW will walk together to parks such as: Music Garden, High Park, Trillium Park, Edwards Garden, Coronation Park and more! Walks will take place during afternoons (1:00 – 3:00pm), from April to October.

Please check WNC Seniors' monthly calendar for dates, times and locations. We recommend registering in advance – space is limited to 25 participants per walk.



Walks will be cancelled in the case of extreme heat, rain or thunder/lightening.



Please bring a reusable water bottle to the walks.

For more information and to register contact Elizabeth:
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