

**August 17<sup>th</sup> – St. Jacob's Market:**

Some of us wore shorts, others wore jeans and practically everyone wore sleeveless or short sleeve tops. Our journey started from the parking lot at Commander Blvd early in the morning. We went straight to the Church of St. Mary, Our Lady of Seven Sorrows in Kitchener. We figured we would start off by being in the good books of the Lord. It is a beautiful, historic church that invites us to meditate and pray. This was followed by a visit to the famous St. Jacob's Market where vendors beckon you to lighten your wallet, where you can have a bargain if you know how to haggle. There was a lot of walking but a variety of good food available helped us replenish those burned off calories. Finally, no day trip is complete without a detour to the casino and this time it was the Mohawk Casino. Some lucky winners were beaming from ear to ear – was it the visit to the church? Remember to pray harder the next time!!! Our thanks to Trips Co-ordinator George Fernandes for organizing a memorable day for our members and our guests.