

## TORONTO PAN AM SPORTS CENTRE - WALKING CLUB- TEGSA

Almost like getting up early to go to play school, Saturday mornings start off with a burst of energy. Rise and shine for 9 a.m. is walking time. So off we head, to find the perfect spot, in the amply-spaced free parking for 2 hrs, at the Pan Am Sports Centre. Next stop are the warm smiles that we excitingly exchange between our TEGSA family. One full round covers 200 meters, so 5 rounds make 1 Kilometer. Some of us cover 10, 15, 20 or more rounds within 20 minutes, half hour or maximum of an hour.

Our members suddenly increased to a max of 30, from the time our present President Ms. Faye Swift has taken over. Our President shops, prepares and packs the breakfast all by herself, something different every week. Crackers, cheese, nutri bar, yogurt, muffin, boiled eggs, fresh fruits etc. Finally on the last Saturday of June, before the summer holidays, she surprised us with cocktails, which was prepared with a lot of love, coming home late, after the line dance class the previous evening. She makes it a point to go early, to reserve the seats at the food court for us. By 10 a.m. we all gather at the food court area for a healthy breakfast and chit-chat on current topics like one big family. By 10.45 a.m. we leave to go.

On behalf of all the TEGSA members, who come for the walk, we would like to thank our President Ms. Faye Swift for all her hard work, time and effort taken to keep us all fit as fiddles. God Bless.

Yolanda Gracias.