

We are approximately 20 TEGSA members who walk at Pan Am Sports Center every Saturday from 9 to 10 a.m. All the members are extremely happy to walk either briskly or at their own pace. After the one hour walk i.e. at 10 a.m. we go to the Food Court area for a nutritious breakfast laid out by Carol who sees to our stomachs. The light breakfast consists of one boiled egg, yoghurt, cheese and crackers.

We spend some time having great discussions on current topics and then leave at 10.45 a.m. All are excited when Saturday morning dawns as we see each other at Pan Am Sports track. Honestly we are like a big family sharing and caring for each other.

Our sincere thanks to Carol and Elizabeth who is our fantastic motivator. When the track is not available we walk in the passage.

Once again A BIG THANK YOU TO CAROL AND ELIZABETH.

By Mina Kapadia