



Please note Group events coming up for you to diarise

Saturday - 25th August – we are inviting the Group to join us “Regulars” to do the Waterfall Parkrun, a new venue at the Mall of Africa, which is about 8kms away. The course is all on graded surfaces and has a number of gentle downhill for the 1st 3kms and a gentle climb of 2km back to the finish.

PLEASE PUT YOUR NAME ON THE LIST IN THE CLUBHOUSE ON THE SIDE OF THE POST BOXES AS EARLY AS POSSIBLE IF YOU ARE GOING TO JOIN US SO THAT TRANSPORT CAN BE ARRANGED – GATHER AT CLUBHOUSE TO LEAVE BY 7.10 IF YOU NEED A LIFT.

September – date still to be announced the Melrose Arch 5km “**Walking on Sunshine Spring Walk**” sponsored by Melrose Arch on a Saturday. Again it is a Fun Walk so there is no need to race to try and better your PB's. As we walk through the park there is an African band playing a variety of instruments and they also entertain the crowd at the end. In previous years we received a “Walking on Sunshine Spring Walk” t-shirts for our entry fee. There are lots of places to eat after the race if you want to stay for a meal.

Please come along in your Team Evergreen t-shirts, if you have one, which Evergreen Lifestyle Villages kindly sponsored for us. It is another well organised event.

13th October is the Evergreen Residents Fun Walk. Please **note correction to date** and alter your diaries to avoid double dating. It starts at 5 pm on Saturday afternoon so you can still have your afternoon 40 winks beforehand. There are 4 different distances to choose to walk from the 700 meter dash to 5.4kms. It is a lot warmer these days so dig out your takkies and training gear and start training. See if you can walk further than you did last year. That is if the smell of the boere cooking and a free beverage afterwards does not tempt you to stop walking before going the distance you set for yourselves. No one will be checking how far you walked, or don't walk as it is a Fun Walk. Come along and do it again this year and if you have not done it before come and join us. You will enjoy the comradie during the Walk, having had champagne and orange juice (?) beforehand. Afterwards you can stay and enjoy any champagne that may still be available and have the chance to meet other residents you may not have met before. You can also bring your own and stat afterwards if you wish. **We need to break our record of 80 walkers and 20 helpers & spectators this time.**

Remember to “**keep fit and remain evergreen**” or be nagged by me to do so.

Ernie

PS: If you want more details about any of the above, please contact me at Unit 80 or on Ext 180