

## SWESA JOINS IN THE CELEBRATIONS OF “WINTER WALK DAY”

Joe Roberts

Wednesday, February 5 the was WINTER WALK DAY , a time to celebrate the enjoyment, health benefits, and sheer fun of getting out there and walking – even in the cold! Thanks to the Alberta Motor Association and S.H.A.P.E (Safe, Healthy Activities for People Everywhere) for sponsoring events at the Alberta Legislature to mark this day. SWESA was invited to join in the festivities as representatives of the 55+ sector.

In spite of the very chilly temperatures 24 SWESA members piled onto a chartered bus at 11:30 a.m. and left the Terwillegar Rec Centre headed for the Legislature. Caroline Gee (who heads up the AMA’s Seniors Mobility programs) handed out scarves and AMA tuques as we left the warmth of the bus to join the crowd on the steps of the Legislature. Before we had a chance to feel the chill, we found ourselves dancing the ZUMBA led by the Oilers Cheerleaders and dozens of AMA Patrollers. What a great way to stay warm!

We were still puffing when Dr. Richard Starke, Minister of Tourism, Parks and Recreation welcomed us with a rousing speech. The minister’s dog, Liesl, was lying at his feet during the speech and looked very interested every time the word “walk” was uttered!

Then it was time to walk! The combination of cold temperatures with a stiff wind meant that the walk was fairly short for some, but after stretching our legs we congregated just inside the doors of the Legislature and got to know each other better.

To round off the excursion in style, the SWESA participants had coffee and donuts waiting for them at the TRC thanks to SWESA Vice-chair, Carol Bigam. So let’s hear a big thank you for the AMA, for S.H.A.P.E., and for the SWESA members who braved the cold ---- well done!!