

COMMUNITY NEWS

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Knox SOW NEWS



by David Mallen

The Knox Street Orienteering Walkers walking group held an event on Friday 19th October as part of the Knox Seniors Festival. 33 walkers came to Tommore Reserve, Boronia on a beautiful sunny morning to try out this different type of walking activity.

Special participant was Linda, the Seniors Support Officer from the Knox Council. She organises the Knox Seniors Festival, the 'Bright Ideas Network', the 'Over 55s Zest4Life' and other support activities for senior residents in Knox. She is also the Heart Foundation walking group co-ordinator for Knox.

Each walker was given a map and challenged to find the answers to 20 clues in the surrounding streets and parks in exactly one hour. 'First timers' were given training by Glenys and placed in a team with experienced walkers. However they still had to do a little navigating and searching for the clues.

After the walk Linda thanked the group for inviting her and then everyone went to the nearby Forage Food Store café for a cuppa and a chat. One new walker was overheard saying, "What fun that was! Did you see that amazing 'red car' letterbox in Kristen Court at Clue 10? Some groups were even taking a photo of it!"

With over 40 members, Knox SOW is now the largest Heart Foundation walking group in the City of Knox. They walk on the first and third Fridays every month. Full details and a copy of the event map are on their website: www.knoxsow.org.au. Contact Walk Organiser, David, on 0419 337 311 if you want to enjoy exercising your brain as well as your body!

