



# Walk & Talk

Join us each morning at 8 a.m.  
for exercise and fellowship

Meet at the following locations:

MONDAY (Chatuga): Corner of Chatuga Drive and Tsuhdatsi Way  
– Park across from the Chatuga Townhouses in Chatuga Point.

TUESDAY (Toqua): Corner of Cheestana Lane and Cheestana Way  
– Park on Cheestana Way.

WEDNESDAY: Meet in the Yacht Club parking lot.

THURSDAY (Mialaquo): Corner of Oostagala Lane and Oostagala  
Trace – Park on Oostagala Trace in Mialoquo Point.

FRIDAY (Tanasi): Corner of Tanasi Way and Okmulgee Circle –  
Park on Okmulgee Circle in Tanasi Coves.

SATURDAY (The Neighborhood): Chatuga Drive West –  
Park outside of the Neighborhood parking lot.

For more information please contact  
Shirley Menzies 408-9831  
(Copies at the Chota Rec Center front desk)