

Bundaleer Retirement Living Walking Group



Stepping out in the fresh air, surrounded by beautifully landscaped gardens and rolling hills is a delight for many residents at Bundaleer Retirement Living.

That's why a few years ago, residents started their own daily walking group. And everyone is welcome!

Depending on the time of year, residents either choose to rise early and set off at around 7.30am when the day feels so fresh, and the only sounds to be heard are the calls of the morning birds.

As the cooler weather approaches and daylight savings ends, even more residents join the group as it transitions to an afternoon walk.

Changing their route and scenery as they go, residents often walk a couple of blocks either inside the grounds of Bundaleer or outside the community.

This is a lovely time for residents to boost their wellbeing while connecting with neighbours, catching up on key events and their families, reminiscing about the past, and sometimes they'll even sing a little tune!

To find out more about Bundaleer Retirement Living, call us on (02) 6586 9400.