

Hort Spot for Fun

By Joan Choo

We arrived at Hortpark under the bright shining sun on Sunday, 13 September. Our physiotherapist Mr Kwok Boon Chong wasted no time in getting us all sweating it out during a 30-minute workout session. It was most refreshing, especially when we could cool ourselves down at the café after that!

The one-stop gardening hub had something to offer everyone in our group, with its 20 theme gardens and amazing array of flowers. May, our tour guide and self-professed garden enthusiast, walked us through a myriad of lovely gardens such as the Silver Garden, Flora Fancy, Water Garden, Recycling Garden and Bamboo Labyrinth.

Maureen, a participant and nature lover, was particularly intrigued by the interactive Herb and Spice Garden. Like the other members in the group, she was delighted to have discovered a wealth of information about the traditional medicinal and culinary uses of our local herbs and it appears that they might just put into practice what they have picked up!

