



MEDIA RELEASE

12 Walks To Christmas Ends With 12 Drummers Drumming

12 December 2016

The Mildura Central Walking group are never short of an idea of how to make walking laps of an indoor shopping centre interesting. This year they have completed a walk around Australia and circumnavigated both the North and South Islands of New Zealand. A few weeks ago one of the participants noticed that there were only 12 more walks til Christmas and, in the spirit of the magic of Christmas, a partridge in a pear tree appeared. Well, actually it was Linda Curran (Mildura Central Group Leader) holding a piece of a pear tree and pretending to be a turtle dove. Over the last few weeks the idea has snowballed into a lot of singing, dancing, leaping and laughter at Mildura Central Shopping Centre on Tuesday and Thursday mornings between 8am and 9am.

Not only have the group members been dressing up as the gifts of Christmas, but they have also changed the words slightly to "On the first walk til Christmas lunch, my walkers did for me.....", as they are all looking forward to the annual SCHS Mildura Central Walking Group Christmas lunch. Many of the 70 group members have either volunteered or been volunteered to represent the 12 gifts from the classic Christmas carol. There have been some creative interpretations of the gifts with photos of 2 turtle doves, 3 lovely ladies dressed as French hens, 4 calling bird cat toys, 5 beautifully crafted golden rings, 6 geese on headbands, 7 black swans swimming on sticks, 8 magnificent maids with their milking buckets, 9 ladies (or people dressed like ladies) dancing, and 10 grand lords who are not all up for leaping, but were having a magnificent time none the less.

Noelene Carn, one of the group participants, has encouraged everyone to bring their '12 Christmas Gifts' for the last week. "I cant wait to see what is planned for the pipers piping and drummers drumming" she said. Linda Curran, from Sunraysia Community Health Services, who co-ordinates the Mildura Central Walking Group said " We have noticed that this walking group is about much more than walking and physical fitness. Having the participants dressing up, singing (almost) pitch perfectly and all enjoying a healthy laugh has such a great effect on their whole well being." We are all looking forward to seeing this fun Christmas carol come together on Thursday 15th December at 8am out the front of the Mildura Central food court, with every set of gifts from the 12 Days of Christmas represented .

If you would like more information about the Sunraysia Community Health Services Mildura Central Walking Group, you can contact Linda Curran at Sunraysia Community Health Services phone 50225444. Otherwise, if you would like to join the group for a 10 minute warm up, some laps of Mildura Central or a coffee and a chat, meet at the food court at Mildura Central Shopping Centre, 15th St Mildura from 7.45am on Tuesdays and Thursdays. The last walk of 2016 will be Thursday 15th December 2016 and the group will recommence on Tuesday 10th January 2017.

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