

## **This Girl Can**

### **Verna Currie – Woorinen South Walking Club**

When Verna retired from teaching she decided her town needed a walking group so she placed a flyer in the local store and from there the Woorinen South Walking Club was born. The club grew from a few members, got legs and now celebrates 30 years in July. This is something Verna had never dreamt of happening, this is a wonderful effort! Verna has the ability to bring many people together, enjoys the sense of achievement and the friendships developed over the years.

Verna enjoys getting people together to increase physical activity opportunities, social connectedness and the greater links this develops. Verna has also been President of the Southern Mallee Older Adult Recreation Network (SMOARN) which still meets and has monthly lunches. Verna has organised many other activities such: as carpet bowls and minor games (darts, quoits, and hookey), lunches, petanque, social events, bus trips and round robins.

Verna is actively engaged in her community and has made a big difference to many people's lives, increasing physical activity opportunities for many older adults in the Swan Hill Shire. This has improved the quality of life and increased links and social connectedness for many.

Well done Vera! This Girl Can!

