

'Walk and Talk' Seniors Walk

Friday 17 October 2014

In lovely warm sunshine the participants gathered under the Big Shed roof at Kurth Kiln and after a cup of tea started off on the two walks.

A group photo of the longer walkers was taken in front of the Information Booth before Ursula led them along Possum Track to Monkhouse Dam returning to Kurth Kiln on Monkhouse Track, Shepherds's Creek Road and Tomahawk Creek Track. On the way they stopped and looked at the recently re-vegetation site at the end of Tomahawk Creek Track.



Fran led the shorter walks along the Thornton Track and Tomahawk Creek Track, relating the history of the tracks. Aileen let a group of late comers along the Thornton Track.



The groups refreshed themselves with drinks, lunch and cake eating before Aileen Thoms, Health Promotion Manager, Kooweerup Regional Health Service, gave a talk about the importance of senior people taking good care of their health. Before going home another group photo was taking in front of the kiln. Some ladies stayed to hear more about the history of Kurth Kiln and others looked at the huts.



The Friends of Kurth Kiln sincerely thank Aileen Thoms for giving us the informative talk.



What type of flowering plant is this?

