



## NT and Darwin by dance

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This is not a discussion about the habitual embodiment that drives our organisations, professions, and communities down the highways that bypass the burden of disease and disability. This is restructuring. This is taking the exits off that highway. This is dance.

Although none of the original members are still in the group, the Grey Panthers of the Darwin TRACKS Company have been performing since 1988. They have often challenged the role of the senior in society, working with playwrights, choreographers, filmmakers, and other artists. As individuals, the Grey Panthers are driven by constant volunteerism; extra care for others; and making activities that are relevant and fun. Dance is seen as a tool in their arsenal of health, fitness, mental dexterity, socialisation, care and support, entertainment, and visibility.

TRACKS Company has also worked for 25 years with the Lajamanu elders near the Tanami Desert, south west of Katherine, observing the value of dance in the empowerment of elders in the community. Other dance companies with mature dancer programs have alluded to the empowerment that comes from 'creating a future for the older person' (Glen Murray, MADE in Tasmania, Inaugural DANscienCE Festival, Canberra, 2013).

The Grey Panthers will perform a 20 minute enquiry into their experience of Darwin and Northern Territory life. Given the health burden of remote Australians, and in the spirit of 'the message is in the media', the performance comes with an invitation to look at the development of dance and movement arts in rural Australia as having a significant contribution to the cultural change required for healthy community: physical and cognitive adaptability; emotional and social resilience; and social discourse.

And maybe something else will show up for you.