

Stepp'n Out 'n' About

Published by R & L Edwards (LREDANCE) lredance1@gmail.com

December 2023

Congratulations Bev

Just in cast you can't read the article, here it is in full.

WHEN Bev Grunow's marriage ended, dancing helped her make a fresh start. And for the past six years, she has been using her newfound passion to help others.

The 80 year old has been running ballroom sequence dances in Abury since 2017 helping people stay active and find new connections.

It's not only the local senior community she is helping; all proceeds from her weekly dances on Mondays and monthly Saturday evening dances go to charity.

To date, she has raised about \$70,000.00 for various causes, most of them local.

Bev took up dancing in 2002 after moving from Woomargama to Albury.

She sometimes found herself dancing up to five times a week.

"it was just a really nice form of entertainment, socialising and meeting people" she said.

"That was why I came to Albury: it's a bigger place and I thought it would be easier to get around and meet people"

Bev was so dedicated to dancing, people began asking if she would teach them.

So, she started a Monday class at St. Peter's Lutheran Hall in Lavington, with proceed going to the Albury Prostate Cancer Group. Demand soon outgrew the hall's capacity and the dance was moved to its current home of Mirambeena Community Hall.

Bev went on to start a monthly dance on Saturday evenings, with proceeds going to the Albury Wodonga Regional Cancer Centre.

Over the years, funds from the Monday dance have supported many local charities, including re-Start and children's cancer charity Country Hope. Bev said that being charitable runs in her family - she grew up on a farm and her parents would often give milk and meat to families that could not afford them.



And it is not just the money raised that is helping others: she said the dances offer social connection and keep people active and healthy.

"We use every part of our body" she said.

"Dancing people who have a knee replacement are back on the dance floor in no time, because they are so agile and fit.

"We have one 99 - year old man who still lives alone, still cooks for himself, still drives, has two cars. To still be on the dance floor at that stage and living alone, is a great accomplishment"

It's not only seniors who are reaping rewards from the dances.

A group of 18 to 20 year olds have recently started attending the Saturday evening soirees.

"They come from beautiful families and after each dance is over, they always send a text message saying how lovely it was to be welcomed," Bev said.

other regulars travel from as far afield as Melbourne for the Saturday night dances. Bev attributes their popularity to the welcoming environment

"I just like them to have a lovely night" she said.

"I make the supper and everything as well.

"I just think it's nice seeing everybody being so happy and smiling on the dance floor."

Bev encourages anyone in the area who is looking for a way to stay active and make new social connections to attend a dance and give it a try.

"It's really hard for the first time going somewhere people just need that little push to get them there." Monday dances take place from 3.30 - 6.00pm weekly and entry is \$5.

Sturday dances run from 7 - 10.30pm on the fourth Saturday of each month. Entry is \$8.00 plus \$2 for a raffle ticket.

Search Mirambeena Dance Albury on Facebook.



Abercrombie House Ball

GET IN FAST
DUE TO A CANCELLATION
THIS EXCLUSIVE EVENT

NOW HAS TWO PLACES AVAILABLE

Details are on page seven

Merry Christmas everyone from Marlena & Brian



Christmas

is all about sharing love with
your families and those
that mean the most to you.

May the peace and joy of this
Festive Season see your hearts
filled with Joy, Happiness
and many
Pleasant Memories.

Lesley and Russell Edwards

Keep Danc'n

The Benalla Social Dance Group Committee extends a very

**MERRY
CHRISTMAS
TO ALL
DANCERS &
FRIENDS!**



Wishing our dancing fraternity a very happy Christmas. Thank you for your continued support throughout the year. We hope you enjoy the festive season celebrations with family and friends and we look forward to your company in 2024.

Come and help us bring in the new year:



New Year's Eve Dance

8:00pm - midnight
Sunday 31st December 2023

Senior Citizens Centre, Fawckner Drive, Benalla
Music provided by Bob

Dancing will continue each Tuesday evening and 2nd & 5th Saturdays in 2024.

Contact: Debbie 0407 506 328 or Graeme 0428 848 486 for further information.

Check <http://bensocdance.wordpress.com/> or find us on Facebook at 'Benalla Social Dance'.

*Wishing all our dance friends a
wonderful Christmas.*

*Last dance 10th December,
restarting again in
2024 on 14th January.*

*Merry Christmas
Mary Cashman*

Dance L.T.D Pty Ltd Notting Hill

A Very Merry Christmas

and a

*Happy New Year
to all my dance friends
Bev Grunow*

An Invitation for you to attend & Celebrate New Year's Day & dance the year away at The RSL Hall 301 High Street Prahran 3pm - 7pm on Monday 1 January 2024- Music: CDs.



Spot Prizes & Raffle

Come along and join in the fun at one of Melbourne's top weekly dance clubs - Become a Member Tickets \$20.00 light supper provided Booking by 13 December 2023 as tickets are limited. Tram 6 Stop 33 Map: 59 C8. For Information Contact:

Nilda: 0438 594 929 Sylvia: 0455 523 496



Proudly sponsored by the Stonington Council



MERRY
CHRISTMAS

BELCONNEN SENIOR CITIZENS CLUB

24 Chandler Street, Belconnen

CHRISTMAS DANCE

SATURDAY 16TH DECEMBER 7PM

SUPPER SUPPLIED

TICKETS COST

\$20.00 PER PERSON.

PHONE 0262412729

Robert and Audrey Rough



\$135

Music by PATTI & TONY
THE TONY GILBERT SOUND

CANBERRA GALA AUTUMN DANCE FESTIVAL

7-10 March 2024
HARMONIE GERMAN CLUB
49 Jerrabomberra Avenue Narrabundah ACT

CLUB DANCE
Thur, 7 March
7pm-10pm

WELCOME DANCE
Fri, 8 March
7pm-10pm,
light supper included

WORKSHOP
Sat, 9 March
10.30am-1pm,
with Andrea and John Barwick

FESTIVAL BALL
Sat, 9 March
7pm-11pm,
with two breaks,
late supper included

FAREWELL DANCE
Sun, 10 March
1.30pm-4.30pm,
with two breaks,
light lunch included

Book your tickets at
www.harmonieclub.com.au

BOOKINGS ARE NOW OPEN WITH the Harmonie German Club for the
CANBERRA AUTUMN DANCE FESTIVAL - Refunds up to 7 days before event

TICKET DETAILS

Ticket purchase includes entry to all events listed. Tickets for individual sessions will not be available. Supper on Friday and Saturday night plus a light lunch on Sunday are included.

Please notify the Club of any specific food allergies via email to events@harmonieclub.com.au

If you wish to have dinner at the club before the Welcome Dance on Friday, booking the restaurant is highly recommended.

OTHER INFORMATION

Food. Knuckles German Restaurant will be open for lunchtime (11.30am to 2pm) and dinnertime (5.30pm to 8.30pm). Bookings are highly recommended.

Parking. There is an ample number of parking spaces on the grounds, on the street outside and the grass area right next to the club.

Enquiries Roger Royal 02) 62 910608 or the Club 02) 6295 9853 or events@harmonieclub.com.au

ACCOMMODATION

If you mention you are coming to the dance weekend to

Best Western Plus Garden City Motel 55 Jerrabomberra Ave Narrabundah, Phone (02) 6295 3322 or reservations@gardencitycanberra.com.au

and

Abode Narrabundah – 61 Jerrabomberra Ave, Ph 1300 122633 they will offer a discount

OTHER ACCOMODATION NEARBY

Ibis Styles Canberra – 203 Goyder St, Narrabundah, Ph (02) 62952944

Updates will be posted at <https://canberradance.weebly.com/>

And follow the HARMONIE BALL LINK

RUTHERGLEN BALLROOM DANCE FESTIVAL

Formal Ball & Dance Weekend March 21st. - 24th. 2024

NEW VOGUE • MODERN • LATIN
DANCE WORKSHOP

For your weekend of:
Socialising, Wining, Dining,
& Dancing Enjoyment.

Further information
and bookings may
be obtained through:

Russell & Lesley Edwards
Mobile: 0412 995 590
LREDance1@gmail.com
LREDance2@gmail.com

PROGRAM OF EVENTS

Thursday 21st. March.

60/40 Dance with LRE Dance Music
followed by supper, then sleep
7.30pm. - 9.30pm. (doors open 7.00)

Friday 22nd. March.

Dance Workshop with Andrea & John Barwick
(dress - something comfortable)
1.00pm. - 2.30pm.

Festival Welcome Dance

The Tony Gilbert Sound

delicious supper

(dress - neat casual)

7.30pm. - 11.00pm. (doors open 7.00pm.)

BYO Glasses, Drinks & Nibbles

Saturday 23rd. March

Masquerade Ball & Dinner

Including, Canapes & refreshments on arrival.

Two course meal during the evening.

Light Supper, Tea & Coffee.

The Tony Gilbert Sound

(dress - strictly formal)

Doors open 6.30pm.

Ball & Dancing 7.15pm. - 11.30pm.

BYO Glasses, Drinks & Nibbles

Sunday 24th. March

Festival Sunday Dance

light lunch provided

(dress - neat casual)

11.00am. - 3.00pm.

Patti & Tony 11.00am. - 3.00pm.

Wind Down Dinner

(Bookings taken Friday & Saturday)

Enquiries are to be directed to:

Lesley & Russell Edwards

PH: 0412 995 590 - 0400 315 548

Email: LREDance1@gmail.com

Full Weekend tickets \$175.00 pp.
(excluding wind down dinner)

Payment:

Direct Debit, Cash or Cheque - made payable to:
Rutherglen Ballroom Dance Festival

With self addressed, stamped, DL size envelope for return of tickets.

Mail to: P.O. Box 123, Rutherglen 3685

Tickets: Will be sold on a first in first paid basis only and are available from the organisers as above.

Tickets are limited to 140 as advertised and are non transferable

All tickets are available for sale except for dances that are sold out.

Tickets will not be available for purchase at the event.

All reserved tickets not paid for within (1) month of reservation will be forfeited and released for re-sale.

Tickets will be available for individual events only if available after the 28th February

There will be no refunds for previously purchased tickets after the 28th. February.

Tables of 10 will be available upon request with all tickets for the table to be paid for as a group payment.

All reasonable effort will be made to accommodate seating requests.

Dietary requirements will be catered for where possible, please notify when booking is made.

**ALL DANCES ARE HELD AT THE HISTORIC RUTHERGLEN
MEMORIAL BALLROOM**

Proceeds from this event will be donated to the
Rutherglen & Wahgunyah CFA Brigades
and other charitable organisations

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RUTHERGLEN DANCE FESTIVAL MASQUERADE BALL

Saturday, March 23rd.

An Evening of

Fine Dancing & Food.

Entry 6.30 Dancing: 7.15pm. - 11.30 pm.

Refreshments on arrival

Two Course Dinner

Tea & Coffee

Dietary requirements will be catered for where possible

Music presented by

Patti & Tony

The Tony Gilbert Sound

Memorial Hall
High Street, Rutherglen

BYO Refreshments
& Glasses

*We wish all the
Stepp'n Out 'n' About
Gang
and readers
A Merry Xmas
& Happy New Year*

*Our last dance for this year will be on the 18th. Dec.
we shall commence in 2024 each Monday starting
on Monday 29th. January
At Strathmore Bowls Club
Loeman Street, Strathmore
7.00pm. Run through of a dance
7.30pm. to 10.00pm. Social dancing
Entry \$10.00 Tea & Coffee Supplied
Contact Alby's Dance Group Information on Facebook*

Wishing all fellow dancers and families
a Very Merry Christmas
and all the best for a safe, healthy and
happy year ahead in 2024

from everyone at
"Old Time Dancing at Kyneton".

Our December dance is on
Friday 15 December at 7.30pm
with Family Rhythm
We start the new year off on
Friday 19 January at 7.30pm,
also with Family Rhythm.

www.newvoguemusic.com

MERRY
CHRISTMAS



Love Patti and Tony

Welcome to the New Year 2024

Saturday 6th January
2024



WILBY HALL

Afternoon Dances 1 - 5pm.

Fourth Sunday Monthly
ADMISSION \$8.00

A Plate of afternoon tea to share

Contacts:

Dawn & Geoff Campbell (03) 5748 7123

DANZTASTIC

BALLROOM DANCING
in **PENRITH NSW**



at the **Penrith Senior Citizens' Centre**
parking via "The Broadway" gate entrance.

86 Station Street, Penrith,

Every Monday and Wednesday (except public holidays) – 6.30pm to 9.30pm

Featuring: new vogue, sequence and freestyle dances. There is a 30 minute lesson starts at 7.30pm.

for further information contact Neil on: 0458 528 001

Admission per person: \$7 includes tea and coffee (no milk is supplied)



CAULFIELD

**Merry Christmas To All
Dancers And Friends**



Caulfield Over 50's Dance Group Inc. Established in 1985

Sequence Dancing in a friendly and communal setting. All Welcome

Where

Glen Eira Town Hall Auditorium – Corner Glen Eira and Hawthorn Roads, Caulfield. Enter via main Portico entrance on Glen Eira Road.

When

Mondays 12 noon to 3pm.

Music

General Dance: Music by a DJ.

Live Band: 3rd Monday of each Month.

Entry

General dance: Members \$6 | Non-members \$8.

Live Band: Members \$13 | Non-members \$15.

Afternoon tea/coffee and biscuits provided.

Door and Dance spot prizes.

Contact

Russell on 0406 874 008 or John on 0417 912 692

Caulfield.Dance.1985@gmail.com

We are proudly supported by Glen Eira City Council

Caulfield Over 50's Dance Group Inc. Established in 1985

Postal address: C/O - Caulfield Town Hall, Caulfield South VIC 3162 | Registration No. A002275Y

Proudly supported by: Glen Eira City Council

The Windsor Senior Citizens' Club Inc.



Windsor Senior Citizens Club

RSL Hall, 301 High Street Prahran

Dancing every Tuesday: 12.00 - 3.00pm

Music: CD's Afternoon Tea Provided

Celebrating 61 Years of dancing

Doors open 11.00am.

WSC Club also conducts dancing lessons

Enquiries:-

Sylvia: 0455 523 496

Nilda: 0438 594 929

A wise man once said "Christmas comes but once a year, behave yourself or Santa won't come to you."
That was my Father, and I believed him until I saw him red handed with a big bag of presents

TAMWORTH COUNTRY MUSIC

FESTIVAL - CHARITY BALL, 2024

Tamworth Town Hall

Thursday 18th January, 2024 7.30 – 11.30pm

Doors Open: 6.30 PM

*** FORMAL DRESS ***



Enjoy, and Dance to Live Music

BARRY NOBLE

Old Time & New Vogue

Tickets: \$27.50

Tea & Coffee Provided

B.Y.O. Food & Drink



Enquiries: Denise: 0428 352 201

Jill: 0419 480 244



Bookings: Phone: 02 6767 5200

Online: www.tamworthtownhall.com.au

In Person: Capitol Theatre Tamworth

& at: Tamworth Town Hall - entrance

Gallery Admission



Local Charities Supported:

*RIDING for the DISABLED

*MEALS on WHEELS



Saturday 20th January, Dance to Barry Noble!

St Nicholas Hall 143 Carthage Street Tamworth, 7.30 - 11.00 pm

Tickets: \$15 Purchase at the door

Christopher & Xanthe Morgan
request the pleasure of your company at

Abercrombie House

11th. Ball

Saturday & Sunday

10th. & 11th. February 2024

311 Ophir Road, Bathurst NSW 2795

Dress: Great Gatsby Era / Music by LRE Dance

Two Day Package - \$150.00 per head

Includes Saturday's Ball and Dinner plus Dance and Lunch Sunday



5.30pm for 6.00pm
with Dancing till midnight
Gates open at 5.30pm
Sherry and savouries served on arrival
followed by Dinner (BYO Drinks).

Sunday 11th - Post Ball gathering
at Abercrombie House with dancing
from 10.00am till 12.30pm followed by lunch.

Take time to Explore the stables, antique shop, mansion and grounds

Enquiries to: Marlena Welch

Ph: 0428 615 080

Email: repairs@welchshighwaysmash.com.au

Complete the RSVP on the rear and return with your payment or back payment notification.

COTDC

SATURDAY CHRISTMAS SOCIAL

MC DIANE VENABLES

Bring some supper to share.
Red & Green Christmas Theme
Merry Christmas to all,
and to all, Happy Dancing

When: 9th. December

Time: 7.00pm to 10.30pm.

Where: To be held at St Benedict's Hall, Narrabundah

KILSYTH DANCE

2nd. Saturday Monthly

Kilsyth Memorial Hall

Doors Open: 7.39pm

Dance Starts: 8.00pm

Dance Finishes: 11.00pm

Contact: June Mellett 9844 2682

0417 034 978

"OLD TIME DANCING AT KYNETON"

2024 DANCE CALENDAR DATES

(Subject to change if necessary – you will be notified)

JANUARY FRI 19/1 7.30-11pm FAMILY RHYTHM

FEBRUARY SUN 18/2 1.30-5pm RITA & BOB

MARCH FRI 15/3 7.30-11pm FAMILY RHYTHM

APRIL SUN 21/4 1.30-5pm ROD MCKENZIE

MAY FRI 17/5 7.30-11pm FAMILY RHYTHM

JUNE SUN 16/6 1.30-5PM ROD MCKENZIE

JULY SUN 21/7 1.30-5PM TBA

AUGUST SUN 18/8 1.30-5PM TBA

SEPTEMBER FRI 20/9 7.30-11PM FAMILY RHYTHM

OCTOBER SUN 20/10 1.30-5PM ROD MCKENZIE

NOVEMBER FRI 15/11 7.30-11PM FAMILY RHYTHM

DECEMBER SUN 15/12 1.30-5PM

JNB Productions

FOLLOWED BY DINNER AT RSL STARTING 6PM



The Geelong Ballroom Dance Club Inc
presents the

GREASE LIGHTNING NYE DANCE

Featuring dazzling costumes and all those unforgettable songs from the movie

8.00pm to late. Dress as cool as you like.

\$20pp BYO drinks & nibbles
Tea and coffee provided

Please bring a share plate for supper in Laver room
Music by Marvellous Margot

Organise a table for a great night - ph: 03 52789740
Cnr Bayview Parade and Carey Street, Hamlyn Heights, Geelong

Coolangatta
Senior Citizens

FABULOUS TUESDAYS

SENIOR TAP DANCING at 9.00am with Margaret



Everyone Welcome

SENIOR BALLET CLASSES at 10.30am with Dianne



Everyone Welcome

AFTERNOON TEA DANCE

with **Patti**

SOCIAL SEQUENCE NEW VOGUE AND OLD TIME DANCE

12.30pm - 3.30pm QLD Time

Revision at 12.15pm - Afternoon Tea at

2.00pm



by Unknown Author is licensed under

IT'S ALWAYS A FABULOUS DAY

ALL Activities are on QLD Time

Everyone Always Welcome – Caring for Seniors

www.coolangattaseniors.com.au

We Wish You A Merry Christmas and A Happy New Year of Dancing in 2024



Jenny & Ray Luke
** Yarrawonga / Mulwalla*
** Social Dance Group*

Day 6 Report of the NZ dance South Island tour

Our day started with the clouds and rain clearing to a beautiful morning of sunshine as we said goodbye to Blenheim with our new ever-smiling tour manager Sonya manning the wheel.

After a small drive we stopped at a little Church called St Oswald's Memorial on the side of the main Southern Highway. This Church was dedicated to Charles H.H. Murray who died in a skiing accident in the 1920's. His parents built this Church as a memorial to him. However, it was badly damaged by the 2016 earthquake and is now closed to the public.

The bus trip was a very scenic one with mountains on the right side and the Pacific Ocean on the other side.



A welcome stop was "the store café" where we all had a delicious morning tea and walk around the beach gardens.

Then it was on to see the seals at the Ohua Point Carpark. Wonderful to see so many Seals sunning themselves on the rocks below. I think I saw one wink at me!

Under expert guidance of our new Tour manager and driver, Sonya, we rolled into Kaikoura on time. The weather sunny if not a little on the chilly side. We stumbled across a lovely little café which served a delicious vegetable quiche. We had Ray & Jenny with us so all sat outside in the beautiful sun. Of course, being on holidays Maureen suggested we have a little white wine with our meal.

Then it was off into the mountains. We stopped on the way to Hanmer Springs to visit a historic town call Waiau. Pam (our NZ traveller) had relations who lived in the Cottage there.



Also, Sonya told us about the local Pub that burnt to the ground but through local donations and the efforts of the locals a new one was built on the same site.

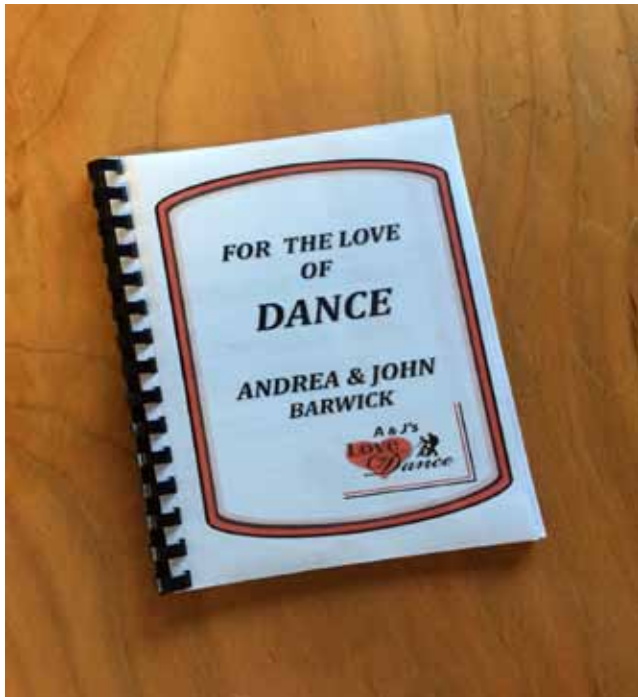
When we arrived at Hanmer Springs we were treated to accommodation in a lovely small Motel called the Drifters Inn which is owned and run by a very resourceful family. I believe no-one could fault our meals and spotless rooms.

After a quick walk around town, we changed and headed for the hot springs across the road from the Motel. After a truly relaxing bath in the hot pools, we headed back to the Motel for a great night of conversations and of course many laughs and stories.



photos just for the day which was a record for the tour.

Maureen & Terry Lancaster



GET THIS GREAT RESOURCE OF

A & J's Scrips
Order one direct through John on
0427 396 885
a must have for all dancers.

**CANBERRA SOCIAL SEQUENCE
DANCING
JUNE 2024 BALL WEEKEND
COTDC
6TH TO 9TH JUNE
KING'S BIRTHDAY WEEKEND
5 DAYS OF WORKSHOPS,
DANCING, FRIENDSHIP & FUN**

**WE INVITE YOU TO JOIN OUR CLUB FOR
WONDERFUL DAYS & NIGHTS OF DANCING.**



**IT'S NOT JUST ABOUT THE DANCING. VISIT LOCAL
WINERIES, CAFES & RESTAURANTS, BEAUTIFUL
HISTORICAL SITES & SO MUCH MORE**



**MORE INFORMATION SOON
EMAIL COTDCWEB@GMAIL.COM
[HTTPS://COTDCWEB.WIXSITE.COM/SOCIAL-SEQUENCE-DANC](https://COTDCWEB.WIXSITE.COM/SOCIAL-SEQUENCE-DANC)
0421387250**

From Andy Somerville

To all our New Zealand Dancers

I hope this message finds you well and dancing! I'm writing to you with an exciting opportunity that I believe will be of great interest to your club.

As many of you know, we at No.8 Tours, specialising in Senior Travel in New Zealand, have had the privilege of collaborating with Deirdre Jarvis and her venture, NZ Dance Holidays. This partnership enriched our experience, especially in organizing "pre and post-dance weekend" tours for the Australian contingent joining Deirdre's annual NZ dance weekend.

With the recent and saddening passing of Deirdre, we have been inspired to carry forward her legacy in our own way. We are exploring the idea of hosting a special dance weekend in Christchurch, specifically tailored for our returning Australian dance friends and the local dancing community.

This event, planned for September 2024, will be a two-day dance extravaganza, potentially hosted by Russell & Lesley Edwards from Melbourne, Australia – familiar faces to many of you. We envisage this as an opportunity not just to dance, but to socialize, learn new moves, showcase your favourite dances, and extend the renowned Kiwi hospitality to our enthusiastic Australian guests.

Here's where we need your help and participation

Registration of Interest: We are currently seeking expressions of interest from clubs like yours. If members of your club might like to attend, we will further develop the details and logistics.

Representation of Your Club: We thought it might be a delightful idea if each club could submit 5 of their favourite or club-specific dances to be featured over the course of the weekend.

Logistics for Non-Touring Participants: Dancers outside of the touring group will need to arrange their accommodation, transport, etc., to the venue.

This weekend promises to be more than just a gathering; it's a celebration of dance, friendship, and community. It's a chance to learn something new, share your favourite routines, and enjoy each other's company in the beautiful setting of Christchurch.

Please let us know if your club would be interested in participating in this memorable event. Your input and involvement would be invaluable in making this weekend a success.

We look forward to hearing from you and hopefully dancing together in September 2024!

Warm regards,

Andy Somerville

No.8 Tours - New Zealand's Senior Travel Club

07 579 3981

0274 793890

NO8TOURS

New Zealand's
Senior Travel Club

Yarrawonga-Mulwala Social Dance Group

invites you to dance in the

MULWALA CIVIC CENTRE

Melbourne St, Mulwala (between the Post Office and the Fire Station)

Fourth Saturday Monthly

7.30pm. - 11.00pm.

**Come Dance in a friendly atmosphere
to the music supplied by various Dance Dj's**

Why not join us at Bourke's Hotel for tea beforehand

A great meal to be had.

We would appreciate if you brought a plate of supper to
share

ENTRY: \$10.00 per person

**For Further
information**

Contact:

Ray & Jenny Luke

0428 800 230



DANCING

Zaža's Dance Studio

Have Fun! No Partner Required! Bring Your Friends...



Monday & Friday

**2 - 3 pm Beginner 3 - 4 pm Intermediate
\$5 per Session**

Geelong Ballroom

Carey Street, Hamlyn Heights, Geelong

For Information and Booking

Call Zaža on 0409 321 643 or Email:
to2tango@bigpond.com

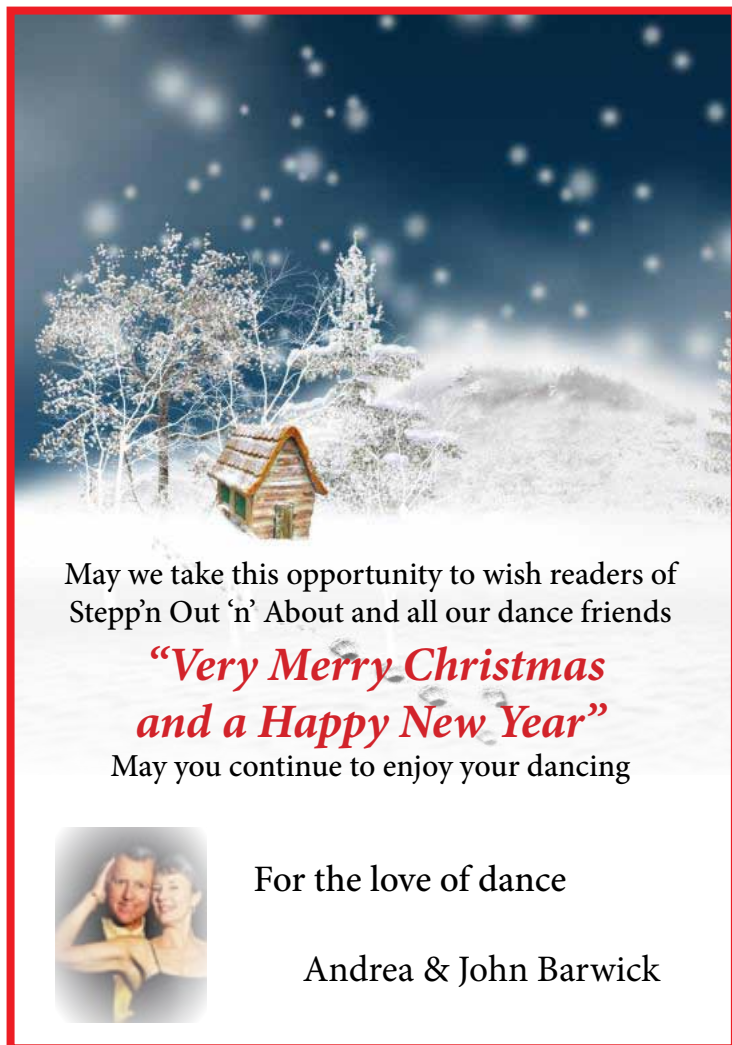


To our dance friends
May the joy and peace
of Christmas
be your special companion
during this festive season
and
the new year
from all of us at
DANZTASTIC
Penrith



*Wishing all our local
and interstate dancers
A Very Merry Christmas
and a
Prosperous New Year*

*Coolangatta
Senior Citizens Club*



May we take this opportunity to wish readers of
Stepp'n Out 'n' About and all our dance friends

***“Very Merry Christmas
and a Happy New Year”***

May you continue to enjoy your dancing



For the love of dance

Andrea & John Barwick

Friendship Ball 2024

Hi and thank you to the dancers who attended our 2023 ball.

We are excited to be planning our 20th Annual Ball (two balls were cancelled due to covid) and for those who like to plan their dancing calendar in advance we advise the 2024 Ball will be held on:-
Saturday 18th May 2024 followed by more dancing Sunday morning.

Rod McKenzie will be providing the music for both the Ball and the Sunday Dance.

Invitations for the ball will be sent out at the end of January 2024.

Kind Regards
The Wagga Wagga Friendship
Ball Committee





Bairnsdale Dance Group inc.



COMING UP IN THE GIPPSLAND REGION

Weekly dances every Saturday night at Picnic Point Hall,

Drevermann Street, Bairnsdale West

7.30pm start till 11.30pm. CD's interspersed with music by Bak2Bak

Enquiries: judy@leadoux.com.au 0409 569 221

1st Friday of the month: every month,

(except for May, which will be 2nd Friday, 12th. May)

Johnsonville Hall, Princes Highway Johnsonville

8pm till midnight Music by Judy

Enquiries: judy@leadoux.com.au 0409 569 221

Loch Sport dance at Memorial Hall Sale

2nd Sunday each month 1pm till 4.30pm

Special events coming up:

Sunday April 2nd. Loch sport Easter dance, Memorial Hall Sale

Music by Silhoettes

Sunday April 9th. Afternoon Easter dance at Woodside Hall, Woodside

Music by Bak2Bak

4pm - 6pm dance and walkthrough / 6 - 7 soup and sandwiches

Social dancing: 7.30 - 11.00

A plate of supper to share please

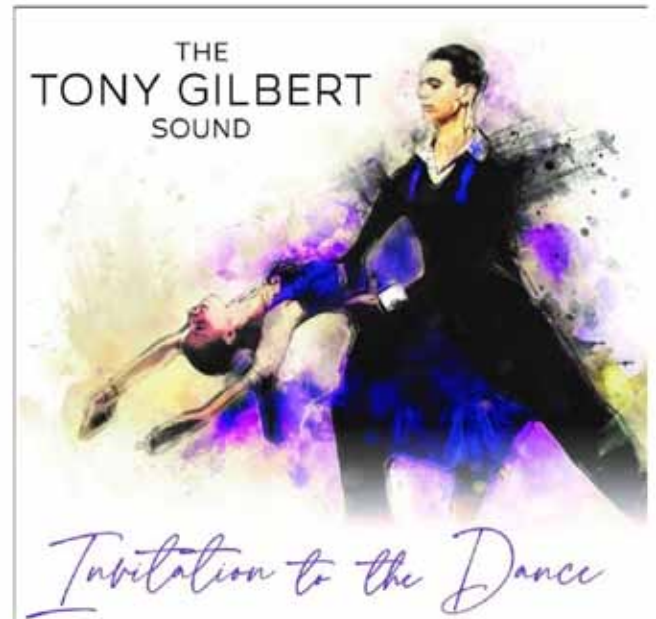
Friday May 12th. Annual Johnsonville, Princes Highway Johnsonville

8pm till midnight Music by Bak2Bak

Check out Facebookpages: Johnsonville Dance

NEW RELEASE

Brand New Release by The Tony Gilbert Sound OUT NOW!!



This and more music
at
newvoguemusic.com

YEA SOCIAL BALLROOM GROUP

The Yea Social Ballroom Group has been operating for over 35 years, although we are now a small group we are enthusiastic!!!

Locals and visitors to the area are most welcome to drop in.

Our program consists of easy Old Time (New Vogue), English Sequence and some Latin.

LESSONS AND PRACTICE

WEDNESDAY 7.30-10pm

SCOTS CHURCH HALL

31 STATION ST. YEA

\$5 p.p. Includes cuppa & biscuit

1ST WEDNESDAY NIGHT FREE

SOCIAL DANCE

1ST SATURDAY OF EACH MONTH IN SAME HALL

7.30-11pm

\$10 p.p. Includes supper.

COME ALONG, BRING SOME FRIENDS

For more information call

Jennifer - 0490 425 234 or Nola - 0409 382 305

(We are a not for profit group with all proceeds donated locally)

MIRAMBEENA COMMUNITY CENTRE

COME DANCING WITH BEV.

A program suitable for all dancers

4th. Saturday Monthly

We have a new start time
7.00 finishing at 10.30pm

Tea, Coffee, Biscuits served for supper

Entry: \$8.00 +raffle

Dance to the music of LRE DANCE

Everyone welcome

Mirambeena Community Centre

Martha Mews, Lavington

Further Enquiries

Bev Grunow - 0427 069 155

BALLROOM DANCING

For an enjoyable night of dancing,
why not join us at the
Burden Park Bowling Club
Springvale South, Vic.

**Dancing every Monday night
from 7.00pm. til 10.00pm.**

A quick lesson during the first half hour
then it is on to an enjoyable night of
dancing to Cd's, all good tempo
(Old time, New Vogue, Modern & Latin styles)

Cnr. Heatherton & Springvale Roads.
Springvale South - 3172 Melway - 49 J5
Entry: \$8.00 - Tea & Coffe inc.

Further details contact: Ray Bult
H: 9498 6746 M: 0400 882 436

COME DANCING WITH MARY CASHMAN

**CLASSES FOLLOWED BY
GENERAL DANCING
SUNDAYS**

NOTTING HILL COMMUNITY CENTRE

For more information / enquiries
Mary may be contacted on
0403 083 113



Dance Ltd
Notting Hill Community Centre
386 Ferntree Gully Road, Notting Hill. Mel Ref 70H7

SPRINGHURST MONTHLY DANCE

PLEASE NOTE

CHANGE OF DATES FOR SPRINGHURST DANCE
FOR NOVEMBER & DECEMBER 2023

NOVEMBERS DANCE IS NOW ON SUNDAY, 19TH NOV.

DECEMBERS DANCE IS NOW ON SUNDAY, 17TH DEC.

DANCE TIME FOR BOTH DANCES
IS 2.00PM TO 5.30PM

EVERYTHING ELSE IS THE SAME AS BEFORE
;- \$10 Entry,

Raffles, Lucky Spot, Plate of supper to share, Live Band.

Enquiries, contact Ken 0427 265 243/03 5726 5241

Dance The Night Away at The Altona Sports Club

*Dance To
New Vogue & Social Dance Music
by various groups - people*

Friendly Atmosphere

All Welcome

Dance Times,

Thursday 7.30pm - 9.00pm

Saturday 8.00pm - 11.00pm

Sunday: 5.00pm - 9.00pm

Contact : The Club
11 Altona Road, Altona
Contact The Club: (03)9398 2283

*For all the latest news,
events and updates
about
dancing in Canberra,
and other places*

go to

<https://Canberradance.weebly.com>

or contact

canberradance1@gmail.com

ALWAYS INTERESTING

ALWAYS INFORMATIVE



**BENALLA
SOCIAL DANCE
GROUP**

2023

Partners and singles most welcome.

'Come and Try' evening Tuesday 3rd May.

Every Tuesday 7.00pm - 10.30pm

New Vogue, Old time & Sequence Dancing

Lesson 7.00 - 7.30pm followed by Social Dancing until 10.30pm

Admission \$7.00 Music CDs A plate of supper appreciated

Senior Citizens Centre, Fawcaker Drive, Benalla

Admission \$7.00 Music CDs A plate of supper appreciated

Senior Citizens Centre, Fawcaker Drive, Benalla

Every 2nd & 5th Saturday

New Vogue, Old time & Sequence Dancing

7.30pm - 11.00pm, enjoy an evening of social dancing

Admission: \$10.00 Music: CDs Plate of supper appreciated

Senior Citizens Centre, Fawcaker Drive, Benalla

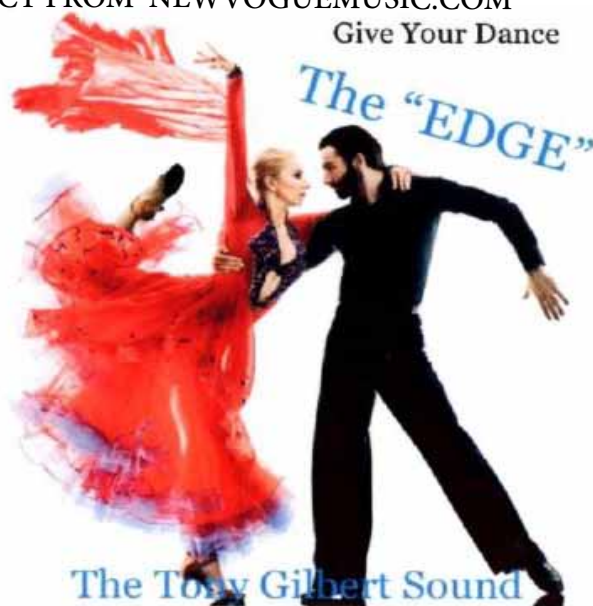
NEW RELEASE - NOW AVAILABLE DIRECT FROM NEWVOGUEMUSIC.COM

**Give Your Dance
The "Edge"**

01. Q.Step	All Or Nothing At All	48	2.07
02. Q.Step	Tangerine / On Green Dolphin Street	48	2.09
03. Jive	Relax-Ay-Voo (Vocal)	34	3.00
04. Jive	Who's Sorry Now (Vocal)	34	3.24
05. Saunter	Hold Me (Vocal)	28	3.42
06. Saunter	I'll Be Seeing You	28	3.53
07. N.V.W.	I Bring You A Song	52	2.38
08. N.V.W.	She's Leaving Home	52	2.45
09. Rumba	Gypsy Dance	27	3.49
10. Rumba	Darlin' / Warmth Of The Sun	27	3.41
11. Tango	Let's Never Stop Falling In Love	31	3.17
12. Tango	Una Notte A Napoli	31	3.17
13. Cha Cha	Let Me Be There (Vocal)	30	3.26
14. Cha Cha	Stairway To Heaven	30	3.17
15. Waltz	Meine Lippen Sei Kussen So Heiss	30	3.12
16. Waltz	Musetta's Waltz	30	3.22
17. Blues	Hold My Hand	28	3.41
18. Bossa Blues	Sunday Table (Vocal)	34	3.02
19. Salsa	Havana Nights	45	4.19
20. Salsa	Salsa Party Time	50	3.26

visit us at www.newvoguemusic.com

NE All public performances of this CD must be
registered through APRA-AMCOS
www.apracomcos.com.au



The Windsor Senior Citizens' Club Inc.



Windsor Senior Citizens Club

301 High Street Prahran

Celebrating 58 years of dancing

Dancing most Tuesdays: 12.00 - 3.00pm

doors open 11.45am.

Enquiries:- Sylvia: 0455 523 496 Nilda: 0438 594 929

Are you looking for
affordable dance shoes

**The Shoe Lady
Val and Nigel Hughes**

0417 416 720



RUTHERGLEN BALLROOM DANCE FESTIVAL 2024

A gentle reminder that tickets for this coming event are available now and selling fast.

This year the Saturday night function will be a formal ball with nibbles and other refreshments on arrival. During the evening a two course dinner will be served to your table

Later, tea, coffee and after dinner nibbles will also be available. Where possible, dietary requirements fulfilled.

*The music for the evening will be performed by
Patti & Tony
The Tony Gilbert Sound*

*Dress: Ladies - After Five
Men - Suit and Tie please*

More formal if you wish, but we are also there to dance the night away.

If you require beverages, please bring your own and some glasses.

Full details if you have overlooked them are on page two of this issue.

*Tickets are available on a first paid first in basis and can be obtained from
Lesley Edwards
0412 995 590*

Entry is by pre sold tickets only, there will be no door sales.

Tangam Afternoon Dance



Old-Time/New Vogue Dance

Tangambalanga Community Centre

1.30 to 5.00pm

Music by Russell's Dance Music
Bring a plate of afternoon tea to share
Entry \$10.00 - Raffle and Door prizes
Enquiries: 0449058899

SHEPPARTON



BRING YOUR HAPPY FACE AND DANCING SHOES

EVERY WEDNESDAY

Session 1 :- 1.00 pm - 5.00 pm \$ 10.00 Entry
Session 2:- 7.00 pm - 10.30 pm \$ 10.00 Entry

Senior Citizens Centre
132 Welsford Street, Shepparton

EVERY 3 THIRD SUNDAY OF EACH MONTH

7.00 pm - 11.00 pm \$ 10.00 Entry

MEAC HALL 23 Alexandra St, Mooroopna

CURRENT COVID RULES

Contact: Gail 0412 858 019

KATAMATITE DANCE

PLEASE PROVIDE PROOF OF DOUBLE VACCINATION
UPON ENTRY OF VENUE

WHERE: **KATAMATITE HALL**

WHEN: 1st. SATURDAY MONTHLY

TIME: **7:30pm—11:30PM**

ENTRY: **\$8.00 PER PERSON**

MUSIC: **RUSSELL'S DANCE MUSIC**

CONTACT: **0428 290 339 OR 0408 831 454**

OLD TIME/NU VOGUE

WHATS ON FOR THE NIGHT:
RAFFLES, DOOR PRIZE AND
DANCING

EVERYONE IS WELCOME

A PLATE OF SUPPER WOULD
BE APPRECIATED



Ballroom

Dance Night

Hi everyone,

With a few hiccups regarding hall bookings, the website and our own life demands we suspended Ballroom Dance Night for a few weeks to reset. We've used this first cancelled week to work with the hall committee to establish some changes to our weekly bookings and will restart on 9th November. Our new arrangements will be alternating Thursdays with Saturdays, which due to pre-bookings can only start in December, but this pattern will continue into 2024. Dates for the remainder of 2023 and January 2024 are:

November: Thursday 9 / Thursday 16 / Thursday 23 / Thursday 30

December: Saturday 9 / Thursday 14 / Saturday 23

Information

Thursdays: Lesson 7:15-8:00 (Free) / Social 8:00-10:30pm

Saturdays: Lesson 7:15-8:00 (Free) / Social 8:00-11:00pm

\$15 entry (Free 1st time), tea/coffee provided and 4 x lucky draw prizes.

The program and lesson for 9th November is already planned and here are eight of the artists being played on the night. Hear something a bit different, but the tunes are popular, easy-beat oldies but goodies and most likely known with each piece having been timed and phrased to suit the respective dance.

Hope to see you in November or December some time and we'll have the dates for the first few months of 2024 by then.

Kathleen & Geoff

Ukrainian House

3 - 11 Russell Street Essendon VIC.

Heidelberg Over 50's Dance Group

Venue: Community Hall

80 Hawden St., Heidelberg

Dancing Every Friday Night

Entry: \$10.00

8.00pm to 11.00pm

Dance Styles: Old Time, New Vogue, Modern

Dennis & Hellen 0447 575 098 / 9016 8238

Tea & Coffee Available

Ulladulla

Dance program 7:00 - 10pm - Friday

\$5 at the door. Supper to share appreciated. Green St hall. Corner Green & St Vincent's Streets - next to Vinnie's.

Moruya

Starts 1pm till 4pm. - Sunday

11 Page St - Moruya RSL/ Memorial Hall.

Dance walk through - 1 - 1:15.

Dance program 1:15 - 4pm.

\$5 at the door, afternoon tea to share appreciated.

Hosted by Ulladulla Dance Association.

For further information Vicki - 0428639500

Just Dance - Louise and Vicki

DANCE ACTION (PAUL & IVY'S)

Merrilands Community Centre

35 Sturdee St. Reservoir

Phone Paul - 0419 373 099

Web: www.danceaction.net

www.facebook.com/danceactionmelbourne

WEDNESDAY NIGHTS

Dances begin 6.30pm.

Dance lesson by qualified teacher.

MIRAMBEENA COMMUNITY CENTRE *Dancing with Bev*

Saturday Evenings

4th. Saturday monthly

7.30 - 11.00pm

Entry \$8.00 + Raffle

Tea, Coffee, Biscuits served for supper

Monday Afternoons

3.30 - 6.00pm

Entry \$5.00

A GREAT Program

Everyone very welcome

Further enquiries should be made to:

Bev Grunow 0427 069 155

CANOWINDRA

For a joyfull afternoon of dancing
New Vogue & Social Sequence Dancing

Every Sunday at 2.00pm til 6.00pm

Then afterwards

enjoy a meal at the Club

For more information contact

Gail Davis: 0407 610 160

If you have an event coming up soon,
Why not advertise it here, it costs nothing
and you will probably get new people along to

Corowa

Classes

Wednesday 7-9pm
Corowa Memorial Hall.
Enter from car park doors.
COVID rules apply

Thank God It's Friday (TGIF)

Music provided by: Various people
from 7.30pm.
Corowa Memorial Hall. \$10 entry. BYO snacks,
dinner, water, or other drinks.
Tea & Coffee available. Hope to see you there

Memorial Hall Corowa

3rd. Saturday Monthly
BYO Supper - Tea & Coffee Available
Music: Various People
Entry \$10.00 Time: 7.30 pm - 11.00pm
Corowa Memorial Hall
Further Information Geoff Mallows: 0412 785 357

Coolangatta Senior Citizens

The Fabulous Music of
Patti Gilbert
COOLANGATTA SENIORS

Tuesday's
12.30 - 3.30pm.

For Further Information

Contact: Dianne Fowler

Mobile: 0417 389 650

INFORMATION FOR MEMBERS AND GUESTS 2020



SOUTH WEST VICTORIA

Here in Warrnambool dancing has commenced in earnest.
As a club we dance Wednesday Afternoons from 1pm to 3pm at
The Christ Church Hall - Koroit Street, Warrnambool
For Saturdays we are rather spoilt with the Tarragal Girls
providing music around the district.

Hamilton

1st. Saturday - contact: Hellen Moore - ph: 0412 315 387
Club Night - Mondays
Saturday dances also held at Yulcart & Victoria Valley.

South Portland

3rd. Saturday - Music by Tarragal
contact: Helena - ph: 0417 501 810

Stawell

Last Friday of the Month
Contact Bill Day - ph: 0428 357 563

Ararat

2nd. & 3rd. Fridays - Senior Citizens
Do not forget our interstate Dancing Groups

Mt. Gambier

Wednesdays at the Moorak Hall
Contact Ivy Lawson - ph: 0408 898 155

Barmera

Weekend of Dance at Bonney Hall May 21st. & 22nd.
Contact K Stead - ph: 0427 970 948

Ken Cathie

Secretary Warrnambool & District Dance Club

Kcat@bigpond.com

SOUTH PORTLAND HALL
COMMITTEE OF MANAGEMENT
PH 5523 4498

FAMILY DANCE

3rd Saturday
Of the
Month
8:00 pm til late

Music by **Tarragal**

Entry \$10 including lucky ticket

Soft Drinks available
PLATE OF SUPPER APPRECIATED

WODONGA SENIOR CITIZENS

Near The Cube

Wodonga

Dance Nights
every Thursday

7.30 - 11.00

Dance Lessons

Wednesday Mornings
with Neville

contact:

Allen Lechmere

0439 592 362

ALEXANDRIA'S DANCE

SEQUENCE DANCE DVDs
DEMONSTRATIONS AND WALKTHROUGHS

ALL PERSONALISED DVDs \$11 EACH
(Postage \$4 per 1 to 4 DVD post pack)

We will compile a DVD of any 8 dances with
walkthroughs you choose from our dance
list of Australia's favourite dances
to make up your own personalised DVD.

We also have DVD sets of sequence dance figures
for waltz and foxtrot,
a DVD of Social ballroom
Dances for Social Occasions

A new selection of Rock and Roll DVDs. available.

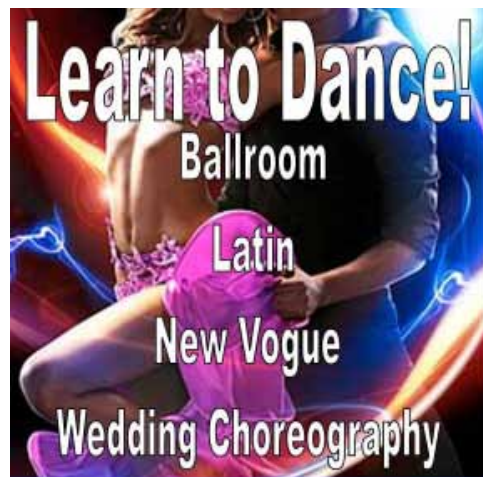
Visit us at:

www.alexandriasdance.yolasite.com

Contact for brochure: alexandriasbb@hotmail.com

Bill Pepper

Tel: (03) 93820037



Learn to Dance!
Ballroom
Latin
New Vogue
Wedding Choreography

Fantasy
DANCESPORT
0410 796 524



COME & LEARN BALLROOM DANCING
**ALBURY-WODONGA
DANCE CENTRE**
WITH GLEN STRAUSS
AND THE TEAM

Mobile: 0402 439 321
Email: glen@awdancecentre.com.au
Studio: 399 Townsend Street, Albury NSW 2640
WWW.AWDANCECENTRE.COM.AU

- Modern Ballroom
- Latin American
- New Vogue
- Adults' and Kids' Group Classes
- Private and Bridal Lessons
- Debutante Training
- Competition Coaching
- Medal Examinations
- Showshow

Rock n' Roll

With

Johnnys Rockers

Class and Social Tuesdays from
6.45 St. Patrick's School Hall

521 Smollett Street

Albury

Learn from Australia's best

Johnny Phung and Team

Lindy Hop, Swing, Jitterbug

Social Dancing



For your next event

LRE DANCE MUSIC

**WATCH
THIS
SPACE**

**IT COULD
BE YOUR'S**

GEELONG

Social Dance

Every Saturday Night

"The Ballroom" Hamlyn Park

CNR Bayview Parade & Carey Street Hamlyn Heights

Time: 8:00pm -11:00pm

BYO Plate to Share for Supper

Tea & Coffee Provided

Contact Alan:

VIC.

0403 704 035

Music for your

dancing and listening
enjoyment

0412 995 590

Are you coming to Queensland?

**Come to the beautiful Toowoomba area, we have lots of places to DANCE,
something available every day of the week! There's lots to see & do!**

For more information phone Di on 0413 106 445

