# Stepp'n Out 'n' About August 2024 Published by R & L Edwards (LREDANCE) Iredancel@gmail.com

# Would you believe over 500

During the last few months we have become aware of the number of sequence dances that there are, the list is endless, it consists mostly of English dances of course, then there are those of Australian and New Zealand origin and you will be surprised just how many of those there are, at the moment we have more than five hundred listed that be accredited to Australian choreographers and what a legacy they have left for our and future generations.

We have had great support from others in confirming these Aussie dances and we thank Denise McCracken who has searched numerous archives relating to dance origins, Don Heatherington who has also scripted some memorable dances and has been a tremendous source of information in compiling the following list

While this list is incomplete we thought that we would start sharing it with you, if you now of any others we would like to include them in future issues. And in no particular order, alphabetically of course here is the start.

Dance Name	<u>Style</u>	<u>Tempo</u>	<u>Origin</u>	Category	Released	Arranger/s
Adele, The	Saunter	30	Australia	Classical	????	John English
Adele, The (English)	Saunter	28	Australia	Classical		John English
Aileen, Waltz	Modern Waltz	30	Australia	Modern	Mar 2007	Barbara & Bill Tapscott
Amathest Waltz (Thompson)	Modern Waltz	28/32	Australia	Modern	Apr 2000	Pat Thompson
Animation Saunter	Saunter	28-30	Australia	Classical	1987	Colin Ogilvie
Anna-Lisa Waltz	Modern Waltz	28/32	Australia	Modern	2010	John & Andrea Barwick
Anna's Waltz	Modern Waltz	30	Australia	Modern	2003	John & Andrea Barwick
Annie Swing	Swing	46/48	Australia	Classical	Mar 2009	Barbara & Bill Tapscott
Anniversary Schotische (Thompson)	Schottische	28/32	Australia	Classical	2004	Pat Thompson
Anniversary Waltz	Modern Waltz	30	Australia	Modern	Jul 2006	Harry & Norma Monks
Anniversary Waltz	N V Waltz	48/54	Australia	New Vogue	1958	Unknown
Anniversary Waltz	O T Waltz	48/54	Australia	Classical	1963	Unknown
Ann-Marie waltz	Modern Waltz	29/30	Australia	Modern	2009	Barbara & Bill Tapscott
Anza Blues	Blues	28	Australia	Classical	2010	John & Andrea Barwick
Apple Blossom Salsa	Salsa	38/40	Australia	Latin	2011	Bill & Sandra Tepper
Apple Isle Waltz	N V Waltz	52	Australia	New Vogue	2002	Fred Smart
Argentine Stroll	Stroll	28/30	Australia	Classical	2011	Ross & Sue Kramer
Argentine Tango, The	Tango	32	Australia	Latin	1940	Gereald Hayles
Argentine Two Step	2 Step	48	Australia	Classical	Feb 1966	Albert Boal
Argentino, Tango	Tango	32	Australia	Latin	2012	Bill & Sandra Tepper
Argus Tango	Tango	28/30	Australia	Classical	2009	John & Andrea Barwick
Arlene Waltz	N V Waltz	48/52	Australia	New Vogue	10/1935	Pat Hynes
Aroha Stroll	Stroll	28/32	Australia	Classical	2017	John & Andrea Barwick
Arthur's Waltz (Thompson)	Modern Waltz	31	Australia	Modern	1993	Pat Thompson
Arthur's Waltz (P.T. Orignal)	Modern Waltz	30	Australia	Modern	1993	Pat Thompson
Ashlee Swing	Swing	46	Australia	Classical	Aug 2016	Barbara & Bill Tapscott
Ashley's Blues	Blues	30	Australia	Classical	Jan 2002	Barbara & Bill Tapscott
Audra Waltz	Modern Waltz	30	Australia	Modern	1986	Mr Evin Goldsworthy & Dawn
Australia Day Blues	Blues	30	Australia	Classical	Jan 1989	Arthur Spencer & Valma Farthing
Autumn Waltz	N V Waltz	54	Australia	New Vogue	1964	Eric & Joy Entwhistle
Avalon Waltz	N V Waltz	48/54	Australia	New Vogue	????	Unknown
Avenue Saunter	Saunter	28	Australia	Classical	2007	George Wanstall
Azure, Rumba	Rumba	27	Australia	Latin	Sep 2001	Don Hetherington
B G Blues	Blues		Australia	Classical	1978	Neville Boyd
B.B. Blues	Blues	32	Australia	Classical	8/2012	Barbara & Bill Tapscott

# **Tableland Social Dancers**

Come join with us on the beautiful Atherton Tableleands

Sequence Dancing every
Wednesday night
at Merriland Hall, Atherton
Lesson at 6.15pm
Dance commences at 7.00pm til 9.30pm.

Further enquiries to: tablelandsocialdancers@gmail.com

All dance travellers and visitors welcome.

Join us for a night of socialising dancing, fun and friendship.



# **BROADFORD INAUGURAL DANCE**

Friday 14th. June 2024 was a great success

50 dancers from near and far braved the freezing night air to join us and make our first night such a lovely friendly evening and very enjoyable.

Thank you to all those who bought along supperto share, it made such a wonderful variety to select from.

A big thank you to my team for putting in a huge effort, the hall looked wonderful and inviting, providing a great atmosphere for our first dance. A special thank you to the Lancefield dance group for their encouragement and of course for coming along to make our first night such a success.

Many thanks to Lesley and Russell for attending and supporting our inaugural dance too.

Our next dnce is on Friday 12th. July and will continue on the second friday of each month, at the Broadford Shire Hall, 20 Murchison St., 7.30pm. - 11pm.

We would love to see you all again and hopefully the word will spread to inspire other dancers to join us to!





The Stage, all decorated and ready

# **DANCING IN BUNDOORA**

(Heidelberg Over 50s Dance Group)

Bundoora Hall, 20 Noorong Avenue, Bundoora

① ...Time: 7:45 pm to 11:00 pm Every Friday evening

Additionally, our Sunday afternoon dances will take place on the third Sunday of each month, from 1.30 pm to 5.30 pm.

Dance Style: Old Time, New Vogue, Modern and Rock "n" Roll. Tea & coffee available. A plate of supper to share would be appreciated.

Some extra Sunday afternoon dance sessions on the following dates:  $31^{st}$  March,  $2^{nd}$  June,  $1^{st}$  September , and  $1^{st}$  December 2024.

Entry: \$15.00

No need to book, we look forward to seeing you there! Enquires: Dennis & Helen 0447 575 098 / 90168238 Email: dr2232@icloud.com

# 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

# Every Wednesday 2.00 to 4.00pm The Geelong Ballroom cnr Carey and Bayview, Hamlyn Heights \$5.00 per person Door prizes/raffle Please bring a plate Coffee and tea supplied Any further details please contact Annmarie on - 0408 448 752

# **Alby's Dance Group**

Every Monday At Strathmore Bowls Club Loeman Street Strathmore.

Starting with a Run through of a dance at 7.00 Social Dancing from 7.30 -10.00pm

Entry \$10 Tea & Coffee supplied.

Contact Alby's Dance Group
Information on Facebook.

friendly and jovial atmosphere.

A friendly and jovial atmosphere.

NEW DANCERS WELCOME



Starting next Tuesday 25th June, we will dance on Tuesday nights 7-9 pm NOT Fridays.

See you there

# Canowindra Twelve Hour Dance

The success of the 12 hour dance at Canowindra on the 23rd June 2024 was indeed the dance highlight of the year.

We were privileged to have the support of well known dance choreographers Andrea and John Barwick. Also the support of the town's people musicians Phil Redenbach and Barry Whitty and MC Dou g Moorby.

The attendance of the dancers near and far was most creditable with a great atmosphere.

A big thank you to all that gave their time to help us including Canowindra Services Club,

Blue Jacket Motel and Cabonne Council.

Let's keep dancing Graham and Gail









Christopher & Xanthe Morgan request the pleasure of your company at

# bercrombie House 12th. Annual Ball Saturday & Sunday 8th. & 9th. February 2025

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 - Dance and Lunch Sunday



# Abercrombie House Ball 2025

Saturday Night Dance Program

- Chicago Swing 2 Carousel 1 Emmerdale Waltz 1 Swing Waltz 1 Midnight Tango 1 JAB Samba 1 Twilight Waltz 1
- Queen Of Hearts Rumba 2 Alpine Stroll 1 Anna - Lisa Waltz 1 Evening Three Step 1 Mavfair Quickstep 1 Monte Carlo Q/Step

Supper

- 3 Sindy Swing 2 Modern Waltz (freestyle) 1 Presentation Waltz 1 Ralmoral Blues 1 La Bomba 1 Charmaine 1 Santorini Waltz 1
- Merrilyn 2 Sally Anne Cha Cha 1 Excelsior Schottische 1 Lucille Waltz 1 Festival Glide 1 Argentine Stroll 1 N.V. Mod. Waltz 1

Additional dances will be included if time permits

Sunday After Ball Dance

Dance plogram will be all founced on the day
Abercrombie House Ball 2025
Name:
Address:
No. of tickets Sat. 8th. for the Ball No. attending Sun. 9th. Thank You Dance
Cheques to be made payable to: Abercrombie House Bank Transfer: Welchs Highway Smash. BSB: 062 504, A/C: 10097396

Please enclose a stamped, self addressed envelope for return of tickets. Acceptances with remittance or remittance advice to be posted to: Marlena Welch

PO Box 644 Bathurst NSW 2795

#### **NEWS FLASH**

After 28 fabulous years the festival that is Social Ballroom Dance Week on Norfolk Island is coming to an end.

June 2025 will be the last time to Live, Laugh & Dance on the beautiful Norfolk Island with The Dance Festival Inc (TDF).

It is with much sadness that Jan, Tanya and the TDF Committee have come to this decision, but the ever increasing costs and difficulties of continuing the festival remotely is becoming prohibitive.

We expect this will be met with much sadness throughout our dance community.

But don't panic! We haven't given up on Festivals. We have already started planning future events, commencing with our inaugural one in September on the Central Coast of NSW.

We hope you will join us to make the final Norfolk Island Festival one to remember and to go out with a bang!

As always there will be daily workshops, nightly social dances, a theme night and a formal ball, and for those lucky enough to extend their stay, bonus dances before and after the festival.

Further details are available in the attached flyer and via the Try Booking website.

Book early as we expect this event to fill up fast!

Please contact us at thedancefestival@gmail.com if you have questions.

# THE DANCE FESTIVAL PRESENTS 29TH AHRUAL MORFOLK ISLAND SOCIAL BALLROOM DANCE FESTIVAL 2025 ROLL OUT THE RED CARPET AND MAKE WAY FOR A VERY SPECIAL EVENT! CALL TIME 21ST JUNE TO 26TH JUNE, 2025 FEGIJTEATION OPEN/ 15TH JULY, 2024 WWW.TRYBOOKING.COM/CRVJV

# SOLDIERS POINT NEW VOGUE & BALLROOM DANCE GROUP



Come join us on Thursdays in the auditorium at Soldiers Point Bowling Club.

Beginners welcome.

Contribution \$5.

Dancing commences at 7.00pm.

Phone: 0427 147 298



Email:

soldierspointnewvogue@gmail.com





# Dance the weekend away at our first Central Coast Dance Festival

# Package includes:

Friday — Welcome Dance 7pm — 10pm includes tea & coffee

Long Jetty 50+ Centre, 6 Thompson Street, Long Jetty NSW

Saturday — 2 x Workshops 9am — 11:30am

Presented by Jan Lawrence and Tanya Kershaw

Long Jetty 50+ Centre, 6 Thompson Street, Long Jetty NSW

Saturday — Formal Ball with Live Music 7:30pm — 11pm includes light supper

Long Jetty 50+ Centre, 6 Thompson Street, Long Jetty NSW

Sunday— Farewell Dance 11am—3pm, includes light lunch

Gosford 50+ Leisure & Learning Centre

Cnr Henry Wheeler Place & Albany St North, Gosford



# 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

# **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

# 28th Annual Norfolk Island Social Ballroom Dance Festival 2024

June 2024 was a great year at Norfolk Island and it started with the Committee heading over a week early to get everything ready as well as being on the Island for their Bounty Day celebrations. The Bounty Ball on Saturday night is all about the kids. They arrive beautifully dressed and, with a great deal of poise & grace (well mostly anyway), head to the dance floor as they dance the modern waltz to compete within their age groups from the littlies in kindy all the way to year 12. Such a wonderful night even if there is not much dancing for the adults. Celebrations for Bounty Day continue with the re-enactment of the Pitcairn Islanders arriving on Norfolk Island and continued through to a fabulous picnic for all those descendants in the Compound at Kingston. We were very fortunate to get an invite to that picnic and it really topped off a fabulous day.

All the dancers had arrived by Saturday and we headed off for a great welcome dinner at Bounty Lodge then off to Rawson Hall for a casual welcome dance. Rawson Hall is such a lovely venue & was our home for the rest of the week.

We had a great time with the workshops in the mornings this year with Tanya Kershaw & Jan Lawrence hosting workshops as usual but with the added benefit of Anthony Pepers & Terri Sciacca presenting a few as well. There was great variety this year with something for everyone from easy to challenging, slow to fast and many different rhythms to choose from and the feedback confirmed that the workshops were much appreciated and enjoyed.

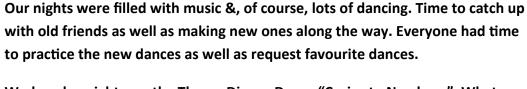












Wednesday night was the Theme Dinner Dance "Cruise to Nowhere". What a terrific night with so many great outfits. Our meal was provided by the Lions Club again this year and it was hot & delicious.

With us all dressed up, we headed off to dance the night away & celebrate a great week on Norfolk Island at the Farewell Supper Ball on Thursday night. It was a beautiful night and was a great way to finish up this year's Festival.

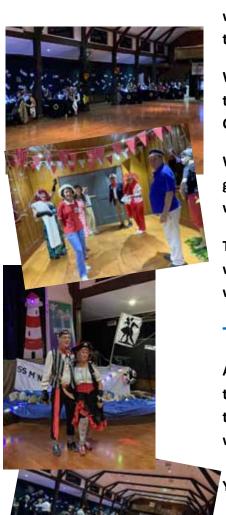
Thank you to everyone that joined us this year to make such a memorable week and a massive thank you to the hard working Committee for all their work throughout the year to make this Festival possible.

### That's All NorFolks

All good things must eventually come to an end and sadly in 2025 our 29th Festival will be our last at Norfolk Island. Bookings are already open so if you were thinking of coming over again or wanted to be part of this famous event, this will be your last chance.

You can book for 2025 by heading to TryBooking at www.trybooking com/crvjv





# Around Canberra with Marcia Penney

	START VENUE		STYLE
EVERY MONDAY	7.00 pm	Crystal Ballroom Canberra	Ballroom/NV
EVERT MONDAT	7.00 pm	6/38 Reed St N, Greenway ACT 2900,	Bambonyitt
EVERY TUESDAY	7.00 pm	Harmonie German Club, 49 Jerrabomberra Ave, Narrabundah ACT	OT/NV
EVERY WEDNESDAY	12.30 pm	Belconnen Seniors, Chandler St, Belconnen	OT/NV
EVERY WEDNESDAY	7.00 pm	Woden Seniors, 12 Corinna St, Phillip ACT	NV/OT
EVERY 2ND WEDNESDAY	7.00 pm	Canberra Southern Cross Club Woden 92-96 Corinna St, Phillip ACT 2606, Australia	Ballroom/0T/NV
EVERY THURSDAY	7.30 pm	St. Benedict's Primary School 10 Tallara Pkwy, Narrabundah ACT 2604, Australia	NV/OT
1st FRIDAY	7.00 pm	Belconnen Seniors, Chandler St, Belconnen	Ballroom/NV
2nd SATURDAY	7.00 pm	St. Benedict's Primary School  10 Tallara Pkwy, Narrabundah ACT 2604, Australia	OT/NV
3rd SATURDAY	7.00 pm	Belconnen Seniors, Chandler St, Belconnen	OT/NV
1st SUNDAY	3.00 pm	Harmonie German Club, 49 Jerrabomberra Ave, Narrabundah ACT	NV/OT
4th SUNDAY	2.00 pm	St. Benedict's Primary School  10 Tallara Pkwy, Narrabundah ACT 2604, Australia	NV/OT

Warrnambool & District Dance Club Inc.

# Wednesday Afternoon Dancing

# Christ Church Hall



230 Koroit St Warrnambool (Up from Court House) Car park at rear of Church

> Dancing 1pm to 3pm

followed by a Cuppa Entry \$5.00

Join us for fun, friendship and exercise Easy dance program to CD Music Old Time & Nu Vogue Dancing

<u>Contact</u> Bev & Doug -- 5565 1395 mob 0427 187 866 Ken -- 5562 5291 mob. 0407 052 739



2024

If you enjoy dancing or would like to learn, come along and join the fun!

Partners and singles most welcome

All dances held at Sonior Citizens Centre, Fawckner Drive, Benalla.

# Every Tuesday 7.00pm - 10.30pm

New Vogue, Old time & Sequence Dancing

Lesson & Social Dancing

Admission \$5.00 Music CDs

A plate of supper appreciated

# Every 2" & 5" Saturday

# New Vogue, Old time & Sequence Dancing

 $7.30\mathbf{pm} - 11.00\mathbf{pm}$ 

Admission: \$10.00 Music: CDs

A plate of supper appreciated

## **Special Occasions 2024**

'Roaring 20's Dinner Dance  $\sim$  Saturday  $13^{th}$  April Melbourne Cup Eve Dinner Dance  $\sim$  Sunday  $3^{rd}$  November New Year's Eve Dance  $\sim$  Saturday  $31^{st}$  December

Enquiries: Debbie 0407 506 328 or Graeme 0428 848 486 E: bensocdance@gmail.com Ukrainian House 3-11 Russell St Essendon VIC 3040

M: 0474 061-863 E: info@dancenight.info W:www.dancenight.info

# Ballio DANCE NIGHT

is having a

# Dancelympics Party

Saturday 31 August

Modern Ballroom

: Viennese Quickstep Waltz Slow Foxtrot Cha Cha Rumba Jive Samba

Latin

**New Vogue** 

14 DanceSport and seven most popular dances

Enjoy our usual dance program along with table-team games to win Gold, Silver or Bronze!

Make up your own table of eight or join others from our friendly dance community.

BYO table drinks & refreshments plus a small contribution to a shared supper table of ethnic or international food.

Crockery, cutlery, tea & coffee provided. Ukrainian House is a BYO licensed venue.

# Book online to secure your place for a dance night with a difference!

6:05-7:15pm - Open floor practice \*

Floor practice & Lesson - \$10

6:30-7:00pm - Beginners' basics lesson

\* Floor practice, Lesson & Social - \$15

7:00-7:45pm - Lesson (Rumba) \*

\* Ample street and station car parking

8:00pm-11:00pm - Social \*

Single dancers welcome



# SENIORS' DANCE



You are invited to join our friendly group for New Vogue and English Sequence Dancing in our beautiful new hall.

# EVERY SATURDAY 7:30 PM – 10:30 PM AT THE DENNIS RESERVE CENTRE

109 Ferguson Street, Williamstown (Same location as the old Senior Citozens' hall)

ADMISSION \$10 (includes supper)

For more information

Kathy: 0423 699 844 Gina: 0405 500 891 Bluey: 0417 156 984

# SAVE THE DATE!

# "Bruce's" The Place for Ballroom Dancing

Don Moore Community Centre NORTH ROCKS

Cnr North Rocks Rd.&Farnell Ave, North Rocks 2151

Saturday 20th July, 2024

Saturday 21st September, 2024

Saturday 19th October, 2024

Saturday 23rd November, 2024

Saturday 14th December, 2024

(Christmas Dance)

Time: 7.30pm - 10.30pm Admission: \$15.00

**Door Prizes - Spot Prizes** 

COMPLIMENTARY - TEA - COFFEE

# **MODERN - LATIN - NEW VOGUE**

Traditional Ballroom Music

Enquiries - Phone: 0418674097

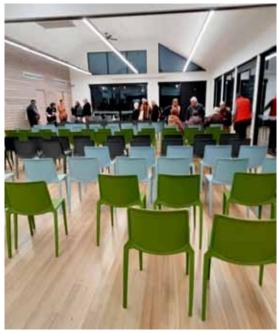
# AND FROM JULIE WILSON

News of Trentham Hall official opening

As mentioned in the June newsletter, the opening of the new Trentham Mechanics Hall took place on Friday 21 June. For those of you with an interest in and a soft spot for Trentham dances, here is a brief rundown on the new premises and the opening. The old hall is now the new library, but efforts have been made to retain the essence of the building. The new part of the building to the east is now the hall. There is a reception desk in the centre of the building, a new state-of-art kitchen, toilets which no longer have a slopey floor. There is a big carpark, with two electric charge stations, to the north of the site, with access from the road alongside the hall. It is a most impressive building with both the hall and the library quite spectacular. In the library, there is a feature wall of the honour boards which used to hang on the hall walls, a real effort to retain some of the history of Trentham and the Mechanics Hall.

The opening was a real success, with a crowd of perhaps 200 in attendance, including the Mayor, councillors, Federal and State MP's, those responsible for the planning and construction, many townsfolk and other interested people. There was also a welcome to country, a smoking ceremony and a short demonstration of indigenous dancing.

Those organisations which may have an interest in using the hall had been invited to exhibit what it is that they are involved with. As part of these expressions of interest, Ina and Graeme Bertrand were able to facilitate a half hour featuring Old Time dancing with about fifteen couples who answered Ina's roundup call for interested dancers to participate and show what CAN happen again in Trentham.





# And From Our June Dance





Enquiries - contact Julie (0400 126 870) or John (0400 908 401)

# HOPE TO SEE YOU IN AUGUST FOR "OLD TIME DANCING AT KYNETON".

IN THE MEANTIME, TAKE CARE.

# "Wagga Wagga Autumn Friendship Ball and Dance

Will be held again in 2025. This will be our 21st annual ball, held as always on the third Saturday in May i.e. 17th May 2025. Music by Rod McKenzie for both the Saturday ball and Sunday dance".



# CAULFIELD



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: 3<sup>rd</sup> 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 NC 3162 | Registration No. A002275Y
Proudly supported by Glen Eira City Council

# 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

A 65-year-old woman had a heart attack. While on the operating table she had a near-death experience. Seeing God she asked "Is my time up?".

God said, "No, you have another 33 years, 2 months and 8 days to live."

Upon recovery, the woman decided to stay in the hospital and have a

face-lift, liposuction, breast implants and a tummy tuck. She even had someone come in and change her hair color and brighten her teeth!

Since she had so much more time to live, she figured she might as well make the most of it.

After her last operation, she was released from the hospital.

While crossing the street on her way home, she was killed by an ambulance.

Arriving in front of God, she demanded, "I thought you said I had another 33 years? Why didn't you pull me from the path of the ambulance?"
(You'll love this)

God replied: "I didn't recognize you."

# MIRAMBEENA COMMUNITY CENTRE Dancing with Bev

# **Monday Afternoons**

3.30 - 6.00pm Entry \$5.00 A GREAT Program Everyone very welcome

Bev Grunow 0427 069 155

# Get Up 'N' Dance

3rd Saturday of the month

8pm till 11:30pm

Featuring the Truetones dance band

Location: Chinese Association Victoria Hall

Ashley Street Wantirna

Entry \$16

BYO cups, drinks and supper

Tea and coffee supplied

Contact Joan 0438218692

# C. O. T. D. C.

Every Thursday 6.45pm Lesson 7.30 to 10pm Conducted at St Benedict's Hall Narrabundah My dances are as follows.

Canberra social Dance Club Monday Lessons 6pm Modern and Latin 7pm Sequence and New Vogue

Third Friday of the month TGIF 7.30 to 10.30pm

Visitors and Dancers of all standards welcome

Further details contact

Diane Venables: 0421 387 250 dvbles57@gmail.com

# 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

# LRE DANCE IN CONJUNCTION WITH



Invite you to join our dance & tour
The Southern Circuit and
Westland Mountain Country

17th September - 30th September
This isn't just a trip; it's a journey into the heart of New
Zealand's natural wonders, filled with experiences,
laughter, and camaraderie. Ready for the adventure of a
lifetime?

Dance your way around this area of New Zealand

Comfortable, Senior-Friendly Accommodations Leisurely Paced Itinerary Expert Guided Tours & Cruises

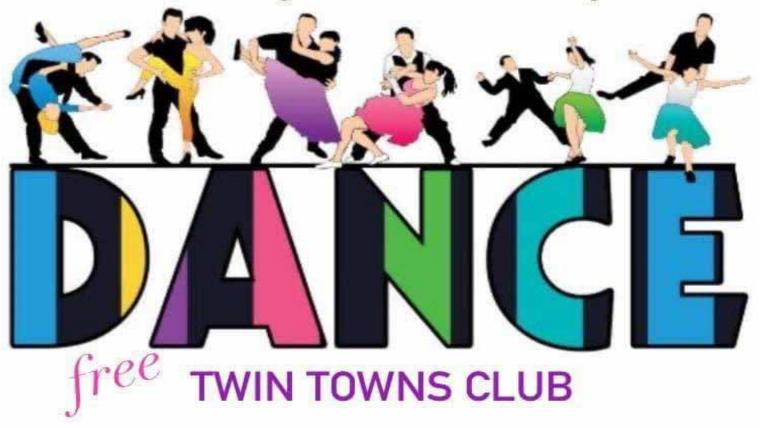
Lesley & Russell Edwards 0412 995 590

E mail: lredance1@gmail.com



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Babette Gavotte	Gavotte	50/54	Australia	Classical	????	Joe C Smith
Baltic Blues	Blues	30	Australia	Classical	2012	Bill & Sandra Tepper
Barcelona	3 Step	64	Australia	Classical	????	Unknown
Barclay Blues	Blues	28-32	Australia	Classical	1943	Jack Kennedy
Barderell	Four Four	28	Australia	Classical	1986	Jack & Joy Gullick
Barossa Valley Waltz, The	Modern Waltz	30	Australia	Modern		Mr & Mrs Button
Basic Schottische	Schottische	28/32	Australia	Schottische	????	Unknown
Bayside Blues (Smart)	Blues	30	Australia	Classical	2013	Bill & Sandra Tepper
Bayside Blues (Tepper)	Blues	30	Australia	Classical	2013	Fred Smart
Belconnen Blues	Blues	28/30	Australia	Classical	1990	Ron Prescott
Bellevue Foxtrot	Foxtrot	28	Australia	Modern	Dec 2002	Don Hetherington
Bellevue Glide	Glide	28	Australia	Classical	1987	Clarrie & Joy Roach
Beval Swing	Swing	46/54	Australia	Classical	Apr 2006	Allan & Beverley Bond
Beverley Joy Foxtrot	Foxtrot	30	Australia	Modern	2004	Len Hill
Beverley Waltz	N V Waltz	52/54	Australia	New Vogue	????	Norm Chapple
Bicentenial Waltz	Modern Waltz	31-35	Australia	Modern	1987	Neville Boyd
Biju Blues	Blues	28	Australia	Classical	2004	Barbara & Bill Tapscott
Binburra Blues	Blues	48	Australia	Classical	1988	Heather Ellem
Black Lace Rumba	Rumba	28	Australia	Latin	2012	Bill & Sandra Tepper
Blue Lady Waltz (Hetherington)	Modern Waltz	30	Australia	Modern	Jan 2000	Don Hetherington
Blue Moon Cha Cha	Cha	32	Australia	Latin	2015	Bill & Sandra Tepper
Blue Sapphire Saunter	Saunter	32	Australia	Classical	2010	Bill & Sandra Tepper
Blue Skies Rumba	Rumba	28	Australia	Latin	2011	Bill & Sandra Tepper
Blue Wren Cha Cha	Cha	30	Australia	Latin	Mar 2008	Barbara & Bill Tapscott
Bluebell Waltz	Modern Waltz	30	Australia	Modern	Jul 1996	Michael Walsh & June Nicholls
Boleen Tango	Tango	28/32	Australia	Latin	1969	Albert Boal
Bon Bon Waltz	N V Waltz	48/52	Australia	New Vogue	1990	Unice Thatcher Frankston
Bonhaven Foxtrot	Foxtrot	29	Australia	Modern	Oct 2001	Harry & Shirley Oliver
Bonnie Jean Waltz	Modern Waltz	30	Australia	Modern	Aug 2001	Bruce Scott
Bossa Nova Blues (Barwick)	Bossa	37	Australia	Latin	Feb 2016	John & Andrea Barwick
Bradford Saunter	Saunter	28	Australia	Classical	Aug 2013	Pat Thompson
Breken Quickstep	Quickstep	48-50	Australia	Modern	2015	John & Andrea Barwick
Brennan Swing	Swing	46/48	Australia	Classical	May 2006	Barbara & Bill Tapscott
Briahna Saunter	Saunter	28	Australia	Classical	8/2015	Barbara & Bill Tapscott
Bridal Waltz, The	N V Waltz	47/50	Australia	New Vogue	????	Unknown
Brisbane City Blues	Blues	28-30	Australia	Classical	Dec 2000	Les & Helen Andrews
Brisbane Quickstep, The	Quickstep	48-56	Australia	Modern	Dec 1998	Wendy Palmer
Brooklyn Schottische	Schottische	28/32	Australia	Classical	????	Joe C Smith
Buena Vista Bossa Nova	Bossa	36/38	Australia	Latin	2012	Bill & Sandra Tepper
Bundaberg Waltz	Modern Waltz	31	Australia	Modern	2009	Gwendolin Marsden
Burley Griffin Blues	Blues	28	Australia	Classical	2005	Joy & Brian Venables
Burnett, Rumba	Rumba	28	Australia	Latin	2009	Gwendolin Marsden
Caloundra Jive, The	Jive	30	Australia	Latin	1997	Don Comes
Calypso Stroll	Stroll	28	Australia	Classical	2012	Bill & Sandra Tepper
Camara Sway	Four Four	28	Australia	Classical	1983	Jack & Joy Gullick
Camron Waltz	N V Waltz	50-54	Australia	New Vogue	Mar 2008	Pat Thompson
Canadian 3 Step	3 Step	50/54	Australia	Classical	????	Unknown
Canadian Barn Dance	Four Four	30	Australia	Classical	rev 1978	Neville Boyd
Canadian Three Step (NZ)	3 Step	50-56	Unknown	Classical		Unknown
Canberra Barn Dance	Four Four	28/32	Australia	New Vogue	????	Unknown
Canberra Two Step	2 Step	30	Australia	Classical	1932	Unknown
Capers, Quickstep	Quickstep	46/48	Australia	Modern	2003	Pat Thompson
Capri, Tango Caprice QS	Tango Quickstep	28/32 46	Australia Australia	Classical Modern	1933 ????	George Wanstall C Rowley
Caracole Quickstep	Quickstep	48	Australia	Modern	2013	Bill & Sandra Tepper
Caressa Waltz, The	N V Waltz	46/48	Australia	New Vogue	1947	Jack Kennedy
Caressa Waltz, The	O T Waltz	46-48	Australia	Classical	1947	Jack Kennedy
Carnarval, Tango	Tango	30/33	Australia	New Vogue	1997	Russ Hesketh
Carousel	Four Four	28-32	Australia	Classical	1974	Jack & Joy Gullick

# Music by Patti & Tony





BALLROOM DANCING in PENRITH NSW







at the <u>Penrith Senior Citizens' Centre</u>
parking via "The Broadway" gate entrance.

86 Station Street, Penrith,

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

Further details are available through Anne & Neil 0458 528 001

Continued from page 14						
Carousel	Four Four	28-32	Australia	Classical	1974	Jack & Joy Gullick
Cassino Royale Waltz	Modern Waltz	30	Australia	Modern	1988	Peg & Jim Ryan
Cassius Quickstep	Quickstep	48/52	Australia	Modern	1978	Neville Boyd
Catkin Waltz	Modern Waltz	30	Australia	Modern	2013	Bill & Sandra Tepper
Celebration Schottsiche	Schottische	28-32	Australia	Schottische	????	Les & Pat Thompson
Celebration Waltz, The	Modern Waltz	30	Australia	Modern	Mar 2003	Joy & Brian Venables
Celebrity Saunter	Saunter	28-32	Australia	Classical	Jun 2015	John & Andrea Barwick
Centenial Three Step (NZ)	3 Step	52/56	New Zealand	d Classical	????	Laurie McCabe (NZ)
Century	Four Four	28/32	Australia	Classical	1950	Albert Boal
Chameleon foxtrot	Foxtrot	28-32	Australia	Modern	1999	Pat Thompson
Champagne, Waltz (Ogilvie)	N V Waltz	58-60	Australia	New Vogue	Noc 2002	Colin Ogilvie
Chan_Ha's Cha Cha	Cha	30	Australia	Latin	Aug 2002	Barbara & Bill Tapscott
Chardonnay Two Step	2 Step	58-60	Australia	Classical	Jan 2000	Les & Pat Thompson
Charisma, Waltz	Modern Waltz	30-31	Australia	Modern	Nov 2001	Colin Ogilvie
Charmaine	Four Four	28-32	Australia	Classical	1935	Norm Chapple
Charmaine Schottische (original)	Schottische	28/32	Australia	New Vogue	1934	Norm Chapple
Charmaine Waltz (Chappel)	N V Waltz	50	Australia	New Vogue	????	Norm Chapple
Charmaine Waltz, (Smith)	N V Waltz	50	Australia	New Vogue	1967	Joe C Smith
Charmaine, Waltz (unknown)	N V Waltz	50	Australia	New Vogue	????	Unknown
Chateau Waltz	Modern Waltz		N ew Zealan	New Vogue	????	Deirdre & Stan Jarvis
Chelsea Jive	Jive	30-36	Australia	Latin		John & Andrea Barwick
Chicago Swing (Orig)	Swing	45/48	Australia	Classical	1939	Gerald Hayes
Chicago Swing (Ver 2 - N.Z.)	Swing	48	New Zealand	d Classical		Gerald Hayes
Chicago Swing (Ver 3 - Boals)	Swing	30/34	Australia	Classical		Gerald Hayes
Chicago Swing Swing (Ver 1)	Swing	48	Australia	Classical	1930	Gerald Hayes
Chichi Cha Cha	Cha	32	Australia	Latin	2013	Bill & Sandra Tepper
Chiffon, Waltz	Modern Waltz	28/32	Australia	Modern	Apr 2005	Pat Thompson
Chinatown Cha Cha	Cha	32	Australia	Latin	2013	Bill & Sandra Tepper
Choc-Chip Cha Cha	Cha	32	Australia	Latin	2011	Bill & Sandra Tepper
Christine Saunter	Saunter	28/32	Unknown	Classical	????	Unknown
Christopher's Foxtrot	Foxtrot	28/32	Australia	Modern	Sep 2006	Pat Thompson
Chudleigh Cha Cha Cha	Cha	28/32	Australia	Latin	2015	John & Andrea Barwick
Cinderella Waltz	N V Waltz	42/44	Australia	New Vogue	????	Joe C Smith
Circular Waltz	N V Waltz	48/50	Australia	New Vogue	1961	Combined Societies
Club Waltz	N V Waltz	48-50	Australia	New Vogue	1933	Pat Hynes
Club Waltz	O T Waltz	48/50	Australia	New Vogue	Jan 1933	Pat Hynes
Collad Waltz	N V Waltz	48-52	Australia	New Vogue	Aug 1989	Heather Ellem
Colleen Waltz	N V Waltz	48/52	Australia	New Vogue	????	W Northey
College Saunter	Saunter	28-30	Australia	Classical	????	Bill Watts
Comos Cha Cha	Cha	32	Australia	Latin	2014	Bill & Sandra Tepper
Constellation Quickstep	Quickstep	48	Australia	New Vogue	2017	Bill & Sandra Tepper
Coolangatta Cha Cha Cha	Cha	30	Australia	Latin	6/2019	Gary & Maureen Coppock
Well that's just the start, more will follow next issue						

# Dancing has so many benefits

It helps to promote mental health

It is a great form of exercise, including muscular and cardiovascular health

It promotes improved coordination and motor skills, balance and Strength

It promotes lower stress levels

Improved emotional health, including

It is gentle on your body, Dance such as ballroom can accommodate people with limited mobility or chronic health issues.

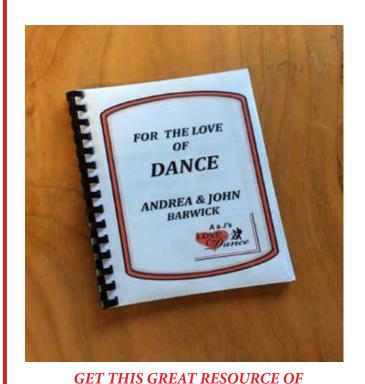
Cognitive Performance: Research suggests that dancing can maintain and even boost cognitive abilities as we age.

It stimulates brain areas related to memory, planning, and organization, contributing to sharper thinking.

Mood Enhancement: Dancing improves mood, combats depression, and fosters happiness. Plus, being around others while dancing enhances social connections.

So, whether you're waltzing or doing the tango, embrace the joy of social dancing—it's good for your body, mind, and soul!





A & J's Scrips

Order one direct through John on

0427 396 885

a must have for all dancers.

# 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/SOCIALSEQUENCE-DANC 0421387250

DANCING
JUNE 2024 BALL WEEKEND



# Bairnsdale Dance Group inc.



COMING UP IN THE GIPPSLAND REGION

Weekly dances every Saturday night at Picnic Point Hall,

Drevermann Street, Bairnsdale West

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

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

2<sup>nd</sup> Sunday each month

1pm till 4,30pm

Special events coming up:

Sunday April 2<sup>nd</sup>. 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

# **DANCING IN BUNDOORA**

(Heidelberg Over 50s Dance Group)

Bundoora Hall, 20 Noorong Avenue, Bundoora

(b)...Time: 7:45 pm to 11:00 pm Every Friday evening

Additionally, our Sunday afternoon dances will take place on the third Sunday of each month, from 1.30 pm to 5.30 pm.

Dance Style: Old Time, New Vogue, Modern and Rock "n" Roll.
Tea & coffee available. A plate of supper to share would be appreciated.

Some extra Sunday afternoon dance sessions on the following dates: 31st March, 2nd June, 1st September, and 1st December 2024.

**Entry: \$15.00** 

No need to book, we look forward to seeing you there! Enquires: Dennis & Helen 0447 575 098 / 90168238 Email: dr2232@icloud.com

# 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

# YEA

# SOCIAL BALLROOM GROUP

The Yea Social Ballroom Group has been operating for over 35 years.

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

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

### LESSONS AND PRACTICE

WEDNESDAY 7.30-10pm SCOT'S CHURCH HALL

31 STATION ST. YEA, VICTORIA

\$5 pp Includes cuppa & biscuit

# **SOCIAL DANCE**

1st SATURDAY OF EACH MONTH IN SAME HALL

7.30-11pm

\$10 pp Includes supper

COME ALONG, BRING SOME FRIENDS

For more information call Jennifer - 0490 425 234

(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

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





# 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** 



Old-Time/New Vogue Dance

Tangambalanga Community Centre

SUNDAY JULY 14th 2024 1.30 to 5.00pm

Neville Pearce's Music

Bring a plate of afternoon tea to share Entry \$10.00 - Raffle and Door prizes Enquiries: 0449058899

Next dance: SEPTEMBER 8th 2024



# **Heidelberg Over 50's Dance Group**

Venue: Bundoora Community Ctr. 29 Noorong Ave. Bundoora Dancing Every Friday Night

Entry: \$15.00

8.00pm to 11.00pm

Dance Styles: Old Time, New Vogue, Modern Dennis & Helen 0447 575 098 / 9016 8238 Tea & Coffee Available Lessons 5.30 - 7.30 OH HOW TRUE





# "OLD TIME DANCING AT KYNETON"

2024 DANCE CALENDAR DATES (Subject to change if necessary – you will be notified)

AUGUST SUN 18/8 1.30-5PM TBA

SEPTEMBER FRI 20/9 7.30-11PM FAMILY RHYTHM

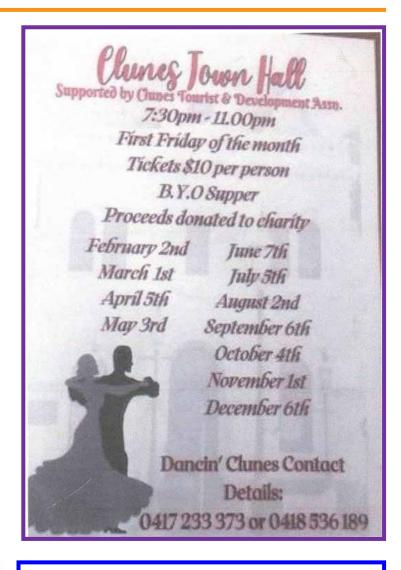
OCTOBER SUN 20/10 1.30-5PM ROD MCKENZIE

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

\*Let's Dance at Brown Hill Hall, Ballarat Saturday 10 August, 8-11.30pm.

\*Dinki Di Old Time Ball at St Andrews Church Hall, Myers St., Bendigo Saturday 21 September, 8pm till late.





# 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

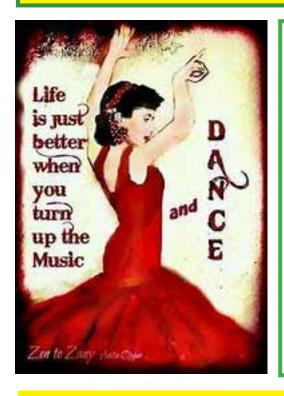
WHATS ON FOR THE NIGHT: RAFFLES, DOOR PRIZE AND DANCING

EVERYONE IS WELCOME

A PLATE OF SUPPER WOULD BE APPRECIATED



# 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

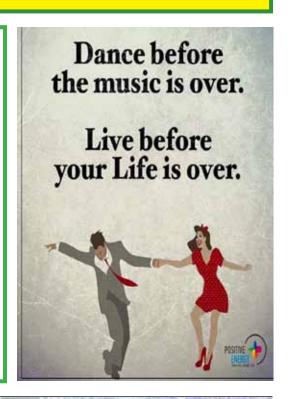
Wednesday 7-9pm Corowa Memorial Hall. Enter from car park doors. COVID rules apply

## 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



## **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



# 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 Tepper Tel: (03) 93820037





# WATCH THIS **SPACE BE YOUR'S**

# 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

#### 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: 0403 704 035



For your next event LRE DANCE MUSIC

# 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