

A Walking Scottish Country Dancing Class/Group

For a while now, I have been toying with starting a class of SCDing for walkers. Are you a dancer that is struggling to maintain dancing through a full dance without pain, breathlessness, stiffness or limbs that just won't keep up with your brain's requests. I have heard about, and sadly watched, dancers leave this wonderful "brain workout" and "social togetherness" form of dance and I wanted to stop their departures. Where do these dancers go? Well, to Line Dancing, Mahjong, and walking groups. Ouch! What a loss for us.

This year, the St John's Hall in Johnsonville has become available on the first Tuesday of each month. Elaine Lethbridge emailed me to ask if it might work well for starting the walking group, as we had discussed the idea last year. The hall is good, light and size-perfect, the parking is wonderful, and close to a train station. What's not to like. So, with the help of Damon, and Elaine (and I hope others), I have decided to trial a class for a walking group of Scottish Country dancers.

Do you fit the description above? Do you still love the music, the challenge of getting the dance right, the socialising, the thrill of trying out a new dance, or a new formation? If so come and join us at St John's Hall in Johnsonville to try out this new class and keep your body moving without the jarring.

We have to start somewhere, so once a month is our starting point. If it proves popular then we can adjust and perhaps do more. So, do you want to give it a go, do you know dancers that have left, and this might work for them to? Let's tap some shoulders and start the first walking group of SCDer's in Wellington.

Hearing that you are interested would be a good start, so please feel free to email either myself or Elaine to ask any questions and let us know if you are coming along. Our email addresses are below. Our first day is Tuesday March 3rd.

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