

# A toe-tapping return to Scottish country dancing

At this time of year, many of us are thinking about starting new activities or perhaps returning to things we enjoyed as youngsters.

In January 2021, Khandallah resident Anne Holmstead saw Johnsonville Scottish Country Dance Club's ads for beginners' classes, bringing back memories of all the fun she'd had dancing as a teenager in the 1970s.

Anne recalls her first taste of Scottish dancing as a teenager. "My Mum sent myself, sister and brother to Saturday morning Children's Classes in our local Blenheim community hall when I was about 13-years-old. "She said we stomped along rather than walking and thought it would help us to be lighter on our feet."

"She was right."

And so, in February, Anne was one of 30 beginners who gathered at Khandallah Town Hall on Monday nights to give Scottish country dancing a go.

The enthusiasm of tutor Rod Downey, and the support of Johnsonville SCD Club's more experienced dancers, made her return to the dance floor as much fun as it had been all those years ago.

"My toes started tapping the moment I heard Scottish tunes,

and although it is hard work dancing again after a 40 year break, I love the exercise as well as the music."

Anne stayed on to dance at weekly club nights, and "got fitter and my leg muscles stronger as the season continued".

Club president Kristin Downey says it's a thrill to see Anne back.

"It's fantastic to see the pleasure people get as they re-engage with something they learnt as a child, and find the knowledge and body-memory returning."

"Anne is no exception, with a big smile on her face whenever you see her on the dance floor."

If you'd like to try Scottish country dancing, for the first time, or as a returnee like Anne, come along to Beginners' Classes at Khandallah Town Hall on Mondays 14, 21 and 28 February. No partner required.

Doors open at 7.15pm, \$5/class (cash only). Wear flat shoes with soft soles, dress in layers for exercise, and BYO water bottle. Vaccine Pass and ID required.

More information at <https://www.johnsonville.scd.org.nz/2022/01/11/beginners-2022/> or contact Robert 021 163-9649, or Kristin/Rod 04 478-4948



Anne Holmstead (left front) in April 2021 - all smiles at a Tartan Night with live music at Khandallah Town Hall. Photo: D Shuker.

## inbrief news

### New Mt Vic mountain bike trail

Trails Wellington is proposing a new mountain bike trail along the eastern side of Matairangi Mount Victoria and we'd like to hear what you think. To find out more and have your say by 5pm Friday 25 February, visit [letstalk.wellington.govt.nz](http://letstalk.wellington.govt.nz)

### Staying steady on your feet

Age Concern's Steady as You Go fall prevention exercise classes are happening around the Wellington region. The classes improve balance and leg strength, flexibility, general fitness and wellbeing, and are a great way to meet new people! Classes consist of a combination of sitting, standing and walking exercises, and take around an hour. More info at [acwellington.org.nz](http://acwellington.org.nz)

### Social housing interim initiatives

A series of interim initiatives for Wellington City Council's city housing tenants – including a rent freeze and a subsidy to any tenant whose rent is over 35 percent of their income - has been agreed by the Council's Pūoro Rangaranga Social, Cultural and Economic Committee.



**WE'RE OPEN LATE FOR VALENTINE'S**

Enjoy an adults only evening