



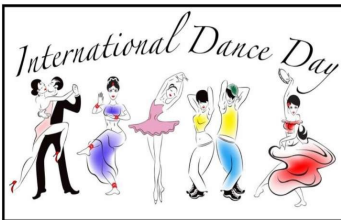
Methodist Homes

Providing affordable, secure and caring accommodation and services to the elderly

JUST DANCE

Methodist Homes Fairleads Retirement Village

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JUST DANCE!

*When you dance, you can enjoy the luxury of being you!
It doesn't matter if you're off the beat,
it's your dance, your moment!*



Dance Day is a precise moment in the calendar, where everyone is invited to take part in an extremely enjoyable pastime. Even those with two left feet.

With much enthusiasm and excitement, the main dining room at Fairleads Retirement Village was set up for this event. Zane and Lindi from Strictly Ballroom Dance Centre, Northmead, were the stars of the morning, teaching us line dancing steps and moves. They also displayed their dancing skills by performing different dances. Many residents got up and joined in. An amazing, interactive and fun event. Thoroughly enjoyed by all.

Dancing is a fantastic activity to enjoy. It helps you to stay physically and mentally fit, improves your well-being, boosts your self-esteem and improves your social skills.

Take your passion and make it happen on the next Dance Day!