



LONGBARN RESIDENTS' ASSOCIATION

"Working together for our Community"

Registered Charity No. 1170309



FOOTLOOSE IN LONGBARN ~ DANCE CLASS TUESDAY 7 JUNE CANCELLED

Our weekly dance class at Padgate Village Club, next due to be held on Tuesday 7 June, has been cancelled. Business as usual will resume on Tuesday 14 June at Padgate Village Club at 1pm.

If you don't already come along, are you looking for a new hobby? Do you fancy making new friends? Do you want to do both & get fit at the same time? We hear about the many health benefits associated with regular exercise & maintaining a good level of general fitness & mindfulness. So in LRA Land we've set up our own local dance studio ~ **'Footloose in Longbarn'** ~ under the heading of 'Exercise is Fun.'

No experience necessary. Age no barrier (except you have to be a grown up). Come alone or bring a friend. Just be prepared to have some fun, gain some exercise & learn a new skill into the bargain, with different dance styles ~ including Rock 'n Roll, Jitterbug, Charleston, Swing, Ballroom, Jive, line dancing, Salsa, Latin American, Tango (varying each session) ~ indeed any type of dance which appeals to our residents, led by a professional dance instructor, once a week. Every Tuesday for an hour at 1pm, at Padgate Village Club.

That's the headline. The back story is much more significant

For those who don't know already, it is with great sadness that I have to tell you that our dear friend, long-time supporter of LRA, & organiser of Footloose, **HELEN BRODERICK**, sadly passed away on 27 May in St Rocco's Hospice. For those who may care to pay their respects, a service will be held at Walton Lea Crematorium on Tuesday 7 June, starting at 1.20pm, followed by a funeral reception at Padgate Village Club.

***May the road rise up to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
The rain fall soft upon your feet,
And until we meet again, Helen,
May God hold you in the palm of his hand.***