

# Line Dancing

**FRIDAY , 11 NOVEMBER AT 11AM**

Join us for a fun Line dancing morning in the Clubhouse with Shereen Bruinders who is a former Occupational Therapist.

Line dancing is fun and entertaining but also focuses on physical, mental, emotional and social wellbeing. Line dancing is an excellent activity for maintaining and enhancing muscles, memory, concentration, attention and coordination.

**Kindly book with Reception on Ext 3200 by Wednesday, 9 November.**

