



Newsletter

June 2024

Issue 10

FROM THE PRESIDENT – Ann Sharkey

Welcome to Legends' newsletter for July.



Firstly, from myself and the committee, a special thank you to our outgoing treasurer, Julie Adamic and secretary, Patricia Greaves for their many outstanding years of service on the Legends Committee. You will be greatly missed.

Also let me say thank you to all members and friends who have supported 'your club' so far this 2024. Whether it has been hot or raining you come along to enjoy the various and many new bands, either for dancing or just listening to the music. Along with bands we have our DJ Ash playing music in the breaks (most club nights).

You may have noticed that there are two to three partner/Line Dance tunes at the start followed by rock and roll music. Please keep it in mind that Legends is a Rock 'n' Roll Community Club and we have members who don't have partners and this gives them the opportunity to get on the dance floor and enjoy themselves as well, so let's be fair to everyone.

To the committee, thank you for all the work you do on club nights as well as behind the scenes to make this club what it is today. Great team work!

We started the year with our 16th birthday dance with the Party Cats. Members were given free entry and everyone enjoyed a free sausage sizzle. A great time was had by all who attended.

New bands have been introduced to the club which we have not had before like, The Long Road, Windsor Kids, Esky and The Ice Coolers, Mixed Grill (as a 70's theme night) just to mention a few. All nights were well supported. Our 'special' event in May was with the Melbourne band, The Honkytonk Rockers. What a fabulous sold-out night that was had by everyone! The band certainly lived up to their name. Once again, we had a theme night as 'country' and so many people dressed up in country outfits. It was so great to see. The band kept the dance floor full all night long. They will definitely be invited back to Legends! So keep an eye out and book a seat early so you won't miss out.

To everyone who was involved behind the scenes to make this event such a success, a really big thank you! Another special night with the band All Shook Up, was a tribute night to our late DJ Ron, who passed away last year. Proceeds from the night have gone to Ron's charity, The Variety Bash, Car CO2. Thank you to all who came on the night.

Memberships are now due. They can be done online or at club nights. The AGM is coming up Sunday 25th August at 11.00 am so if you are thinking of joining the committee and would like to know more, please speak to us.

Check Legends' website or Facebook for upcoming events or more information. Your feedback is very important to us. Don't forget – its your Club!

Regards
Ann Sharkey
Legends President



A VERY BIG THANK YOU!



Julie Adamic - Treasurer

On behalf of the Legends' Committee, I would like to express my heartfelt gratitude to our two retiring members – Julie & Pat, our treasurer and secretary. They have given many years of tireless service behind the scenes to ensure that the Administration matters ran smoothly, and even though they have stepped down are still helping out to make sure our new treasurer and secretary have all the knowledge necessary to fill these roles without any disruption to the running of the club. They have freely given their time and talent without seeking praise or recognition. Together they have made a very valuable contribution to Legends and they will be greatly missed.

Thank you both so very much. Ann Sharkey, President



Pat Greaves - Secretary



VICE PRESEIDENT – Bev

Welcome to our new and long-standing members.

I'd like to introduce you to our current Executive Committee. If you have any questions or concerns, please feel free to discuss at any time.



Ann – President



Bev – V/President



Anna -Secretary



Ivan-Treasurer

We also have a general committee who are only too willing to help with any queries.

We have different social days throughout the year so keep your eye on the flyers. There are notices of interest on the notice board in the foyer on club night so have look. We also have complimentary tea and coffee provided in the foyer.

MERCHANDISE OFFICER -Bev

Ladies and Men's Club T/Shirts fully embroidered front and back \$60

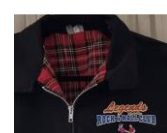
Harrington Jackets Unisex, Fully embroidered front and back \$160

CLUB SPECIAL: - We have 5 only Bomber Jackets fully embroidered front and back on sale for \$95. Size M only 2 left, Size L, only 1 left, Size 2XL only 1 left.

Contact Bev on 0415587201 or on club nights at the hall.



Unisex iacket



ladies polo top



Men's polo

Club
uniforms on
special!!



Inspirational Quote

The happiness in a person's life depends on the quality of their thoughts

LEGENDS BEGINNERS DANCE LESSONS

Beginner's dance class at the Starlight Lounge

Pooraka has been a huge success with great attendance. We have had some fun learning new dance routines, being rock n roll or partner dancing. Making new friendships along the way and with many new members joining the Legends Rock n Roll Club during that time.

The lesson goes for two hours and after the first hour we change from rock and roll to partner dancing. We have been doing all the dances they do on club nights and everyone is eager to learn more so new dances will be introduced in the future. A big thank you to Rosa and Robert for helping out. They have helped from the beginning and it is very much appreciated.

Thank you to all the instructors over that period for their time and to the Starlight Lounge for their venue, it has been a wonderful year.

Looking forward to many more Saturday afternoons, see you on the dance floor.



Legends Rock & Roll Club
50's & 60's

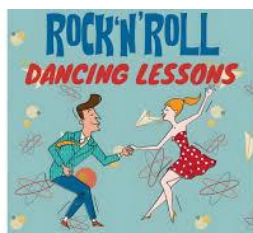
Rock n Roll dance lessons free to Legends Club Members also Line/Partner Dancing
Guest/Non Members - \$5 entry

First half hour with instructions, followed by practice, social dancing, we will visit other dance routines on request

Every Saturday
Time 12 noon - 2pm
Venue: Starlight Lounge
Unit 9/16 Research Road
Pooraka
Contact on 0458 095 746 (SMS or phone)
(Mon-Frid 9am to 6pm only)

Jokes
What did the man who couldn't stop dancing get diagnosed with?
Saturday night fever

What do you call dancing by the sink?
Tap dancing. 😂



BAND COORDINATOR – Vicki

Upcoming Theme Nights	
Saturday 27 July Xmas in July (featuring The Chevytones)	Saturday 7 December Xmas Breakup (featuring The Patricks)
Saturday 31 August "P" Theme (featuring The Long Road)	Plus, our Birthday Bash on 11 January Honkytonk Rockers
Saturday 26 October Halloween (featuring Heartbeat)	Vicki Biber Band Coordinator

AN INTERESTING ARTICLE: - FYI

A good reason to give line dancing a go -Pensioners who learn to line dance are better protected from memory loss and dementia than those who walk or cycle, a study shows. Dancing can help fight off the loss of brainpower as we age and appears to work better over a period of 18 months than cycling or walking.

German researchers tested the different forms of exercise on 62 people with an average age of 68, measuring the size of the memory centre, called the hippocampus, in their brains. The dance group had more steps and choreography to learn.

In the study, published in Frontiers in Human Neuroscience, the dance group were found to have larger hippocampus, suggesting they were better protected from memory loss and dementia. It is thought the effort required to learn their steps helped those in the dance group to lose less brain volume. This loss is thought to cause memory problems and lead to Alzheimer's disease. Study author, Dr Kathrin Rehfield of the German Centre for Neurodegenerative Diseases said: "Dancing is a powerful tool to set new challenges for body and mind, especially in older age".

REMINDER

Legends AGM 25TH August 11.00 am at Slovenian Club -ALL WELCOME!



Demo team at Renmark



DANCE DEMONSTRATION COORDINATOR (Ben)

Since the beginning of the year we have done nine dance demonstrations for the Legends Club. One at the Renmark Festival and one at Waikerie Festival. The feedback from the organisers has been extremely positive and they said they want us back next year. We were blessed with brilliant weather whilst doing the demos and everyone enjoyed participating for the club.

Entertaining the Oldies



We also performed at seven Residential Care facilities so far and all were very successful. We have been asked back by the residents as well as the co-ordinators. Our last demo was at Rose Court, Gilles Plains and whilst performing the Rock and Roll Waltz a couple of residents joined us on the dance floor and did a beautiful waltz together. They were very emotional as they hadn't danced for such a long time. This is one of the reasons we love performing for the Residents as it brings back beautiful memories and enjoyment from years gone past.

Charity Event



Coordinators have told us that some dementia patients even join in singing and some even dance with their carers whilst we perform.

We would like to say a very big thank you to all the volunteers who have helped us with the demos because without you we could not do this.

Bands so far this year





Theme Nights



Rock'n Roll

