

GROOVE LETTER



The Newsletter for Groovers - Quarterly

October, November, December 2010

CLASS TIMETABLE

Monday – Aquarius

St Mary's Hall, Hall Court Lane, Cannock, WS11 0AA*

7.15 - 8 - Rock n Roll, beginners/improvers

8 - 9 - Salsa, beginners/improvers

9 - 10 - Argentine, Tango beginners/improvers

Tuesday – Queens

Etruria Road, Newcastle, ST4 6JJ**

7.15 - 8 - Rock n Roll, beginners/improvers

8 - 9 - Salsa, beginners/improvers

9.15 - 10 - Salsa, intermediate

Wednesday – Leek Masonic

Hall, King Street, Leek, ST13 5NW**

7.15 - 8 - Rock n Roll, beginners/improver

8 - 9 - Salsa, beginners/improvers

9-10 - Salsa, Intermediate

Wednesday – Stafford

Rangers, Astonfields Road, Stafford, ST16 3BX

7 - 8 - Club Dance – Sequence

8 - 9 - Argentine Tango, beginners/improvers

Thursday – Stafford Rangers

Astonfields Road, Stafford, ST16 3BX

7.15 - 8 - Rock n Roll, beginners/improvers

8 - 9 - Salsa, beginners/improvers

9 - 10 - Salsa, Intermediate

* New venue

** Class time change



UGeek Computer Repair Lab

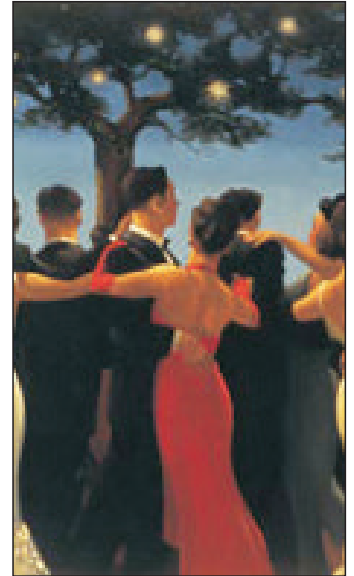
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DATES FOR YOUR DIARY



October

1st - Salsa Party - Greens Health & Fitness
3rd - Medal Presentation
20th - Salsa Night - Granville's

November

5th - Salsa Party - Greens Health & Fitness (tbc)
7th-28th - Sunday workshops
17th - Salsa Night - Granville's

December

3rd - Salsa Party - Greens Health & Fitness (tbc)
12th - Medal tests
15th - Salsa Night - Granville's
19th - Christmas Party - North Staffs Hotel
21st - Last class of the 2010 - Newcastle

January

4th - First class of 2011 - Newcastle

Greens Health & Fitness,
George Eastham Ave, Stoke on Trent, ST4 4TU
Granvilles, Granvilles Square, Stone, ST15 8AB



WAR TIME DANCE

Thanks to everyone who helped and attended the charity event we held in September. We raised £1111.75 for Katharine House Hospice and Help for Heroes. The photos on the website show how much fun we all had.

DANCE EXPERIENCE VOUCHERS

These are excellent gifts which are either presented in the iconic 'Jack Vettriano' cards of dancers or luxurious Christmas cards. Perfect for anyone considering taking to the dance floor. Available from as little as £21.50



STRICTLY COME DANCING

2010 looks like it is going to be even more spectacular on our TV screens with this year's 'Strictly'. Keep your eyes on the website for our blog and add your own comments on this year's show. Expect lots of glitz and controversy.



Aches & Pains Preventing You from Getting Your Groove On?

We are a small, friendly, privately run McTimoney Chiropractic clinic located at 66 King Street, Newcastle-Under-Lyme ST5 1JB, helping our customers with their symptoms of low back pain, neck pain, headaches and migraines, arm and hand pain, sciatica, sports injuries, RSI and other work related conditions, and much more.

Helping You Stay Healthy Naturally... Keeping You on the Dance Floor !



Dr Alaine Skerrett BSc. (Hons) Chiro. MMCA MCHT

Tel: 01782 612 397
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www.kingstreetchiropractic.com



'GROOVERS' JUNIOR DIVISION 6-16YRS

Wednesday - Stafford Rangers

Astonfields Road, Stafford, ST16 3BX
4.30 - 5.30 - Ballroom/Latin
5.30 - 6.30 - Movies to Musicals

Thursday - Stafford Rangers

Astonfields road, Stafford, ST16 3BX
4.30 - 5.30 - Street dance - 6 - 12yrs
5.30 - 6.30 - Street dance 13+ yrs

These classes are in term time and a great fun way to learn and to burn up energy. Call to register for the newsletter for this age group as they are an independent group with lots happening such as performances, theatre trips and competitions.

Christmas with Groove

Make sure you have booked your seat at the Christmas party not to be missed. Don't just take my word for it, have a look at the photos from the last few years on the website. You will see lots of smiling faces in party frocks. This year we are returning to the North Stafford Hotel, opposite Stoke Station, ST4 2AE.
Sunday 19th December 2010. 5-11pm. £32.50. This includes a 4 course meal and lots of dancing. You don't even need to have danced before as we will be hosting mini dance classes to either teach you a different dance style or it may be the first time you take to the dance floor.

Menu

Chefs Homemade Vegetable Soup finished with fresh chopped rosemary

or

Duck Parfait flavoured with orange & fresh herbs, finished with a light orange glaze

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Escalope of Turkey topped with a cranberry & apple stuffing, wrapped in bacon & served with red wine sauce

or

Supreme of Salmon in a dill cream finished butter

or

Vegetable Wellington with a light cream sauce

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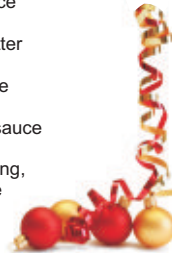
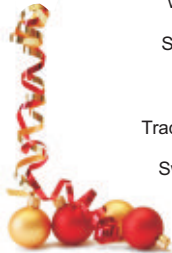
Traditional Christmas Pudding coated in brandy sauce

or

Sweet Pastry Case filled with a zesty lemon filling, accompanied by fruits of the forest compote

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Freshly Brewed Coffee and Minced Pie



## Groove Branding

We are presently looking to change our branding image to depict the lifestyle we can create for all 'Groovers'. This is a big decision and not as easy as I thought, but thanks for your comments. Watch this space!



**Take the Lead . . .**

## Thank you

We like to thank everyone who encourages a friend to join us on the dance floor and for the next 3 months we are giving a free class as a referral gift. Make sure your friends tell us it was you who brought them along so we can say thanks.



## SPOTLIGHT ON



**Club Dance – Sequence.** What is it? This dance style is from the Ballroom and Latin genre. These dances have been put into routines that are known world wide thus mean you don't have to think when you take to the dance floor, just recall the routine or follow the person in front of you. Join us on a Wednesday evening at Stafford Rangers to learn more.

## Referral Voucher

I would like my friend:

to have fun in a Groove Academy class. Please look after my guest & we will see you on the dance floor soon.

Signed Groover

*Valid for the last week of every month. Can only be redeemed if you have not experienced a Groove class before.*



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