

# Dance festival

## What's on...

- ☐ **Thursday** Chester.  
Karaoke disco at Chester Hangman, Chester.
- ☐ **Sunday**  
Vintage fair at Telfords Warehouse, Chester.
- ☐ **Friday**  
The Roseville Band at Telfords Warehouse, Chester.
- ☐ **Tuesday**  
Natacha Atlas and The Mazeeka Ensemble at Telfords Warehouse, Chester.
- ☐ **Wednesday**  
Jam/open mic night at D' Meltin' Pot, Chester, free.
- ☐ **Thursday**  
Milk Milk Lemonade at Telfords Warehouse, Chester.
- Doodleplanet at Telfords Warehouse, Chester.
- Quiz night at the Bear and Billett, Chester, £1.
- Unplugged at Alexanders, Chester.
- Tigers That Talked at D' Meltin' Pot, Chester.
- The Dags at Alexanders, Chester, £5.
- Retro night at Chester Hangman,



## Health at heart of dance event

**E**XCITED volunteers are planning a massive dance festival next month in an effort to promote health and well-being in Chester.

Several dance groups and teachers based in the area have banded together to put on a three-day festival at the Groves Bar and Bistro promoting a range of dance styles.

Organisers include salsa instructors Tom and Kwai Scott, who are originally from Scotland but now live in Chester, and tango instructors Antony and Alexandra Davis, who live on a narrowboat on Tattenhall Marina.

Both couples teach regular weekly classes at the Groves venue and are planning to offer free workshops during the festival in a campaign to encourage more people into a healthier and active lifestyle. The event will kick off with a large dance party on Friday, October 16, from 8pm. This will be followed by an array of dance lessons in salsa, tango, hip-hop dancing, modern jive,

Some drop Cuban salsa moves.

burlesque, Arabic dancing, zumba and bachata from noon to 7pm on Saturday and Sunday, October 17-18.

Kwai, who offers hour-long Cuban salsa classes with Tom on Tuesdays from 8pm for beginners and 9pm for intermediate and advanced dancers, said dancing has multiple benefits including relationship therapy and a workout session that is enjoyable.

She said: "Dancing is probably as close as you can get to stealth exercise. You are so in the zone with the music and having a good partner dance experience that the exercise element is totally forgotten."

But she added that an average dancer will burn up to 600 calories per hour.

Alexandra and Anthony, who offer two-hour classes on Mondays and Wednesdays from 8pm, are also working to attract more people to tango for its health benefits.

They said the Argentine dance requires good posture as well as core control and balance.

For more information go to [www.chesterdancefestival.co.uk](http://www.chesterdancefestival.co.uk)

another truly memorable

## WEDDING EVENT

4th October 2009  
Rowton Hall, Chester

12.00-4.00pm

**BOOK ALL YOUR WEDDING SERVICES IN A SINGLE DAY!**

**FABULOUS EXHIBITORS  
PRIZES TO BE WON  
GOODY BAGS  
AND MUCH MUCH MORE...!**



For further details call 07803 585539  
[www.flauntevents.co.uk](http://www.flauntevents.co.uk)

### GLADSTONE THEATRE PORT SUNLIGHT VILLAGE

Thursday 8th - Saturday 10th October

#### THE HOUSE OF FRANKENSTEIN!

Port Sunlight Players  
Comedy - Horror Play

Wednesday 14th -  
Saturday 17th October

#### BIG BAND & BROADWAY

Heswall Operatic Society & Wirral  
Schools Big Band with a  
Concert of Broadway Music

Sunday 18th October

#### THE STAN BOARDMAN SHOW

Stan Boardman & Friends entertain

Thursday 22nd October

#### JOHN O'CONNELL

Former member of legendary band  
Groundpig in concert with Guests

Box Office Ticket Hotline

**0151 643 8757**

Tickets available also from Port Sunlight Village Museum Gift Shop  
(near Lady Lever Art Gallery) and Lingham's Booksellers in Heswall  
Book online [www.gladstonetheatre.org.uk](http://www.gladstonetheatre.org.uk)

## surgery evening.

Tuesday, 13th October

Find out about  
the new you.

Take the opportunity to

meet our consultant

Mr McGeorge.

Have your questions

answered or simply hear

what he has to say.

Either way, it's free

and open to all.

**when:** 6:00pm

**where:** The Chester Grosvenor Spa  
Eastgate  
Chester  
CH1 1LT



Places are limited. For an invitation, please call 01244 684324  
or to find out more, visit [www.nuffieldhealth.com/open-events](http://www.nuffieldhealth.com/open-events)