



**PROGRAM:** Line Dancing

**TIME:** 09:00 – 12:00

**DAY:** Monday

**FACILITATOR:** Antoinette Lilje

**AIM:**

**GOALS:** (Relates to NDIA goals of clients)

- Increased community access
- Improving Overall Health and Wellbeing
- Improving Social and relationship Development

**OUTCOMES:**

- Improve concentration
- Capability of Building and Maintaining Respectful Relationships
- Greater social and interaction skills
- Increased Mobility (co-ordination, gross motor skills, fine motor skills)

**RESOURCES:**

Speaker	
Club shirts	
Spotify – Music	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
<b>WEEK 25</b> <b>DATE: 23. 6.25</b>	Keep working on new and old dances taught from last year, working on concert dances / Free time dancing/ Meditation, warm down	Closed in shoes, lots of water, morning tea	
<b>WEEK 26</b> <b>DATE: 30. 6.25</b>	Keep working on other dances / Free time dancing/ Meditation, Warm down	Closed in shoes, lots of water, morning tea	
<b>WEEK 27</b> <b>DATE: 07. 7.25</b>	Practice all Dances taught last year and this year/Keep revising dances taught/Free time dancing warm down	Closed in shoes, lots of water, morning tea	
<b>WEEK 28</b> <b>DATE: 14.7.25</b>	New dance – ‘ <u>Crazy Postman</u> ’ working on older dances /Trialling Dance Fit -TBA/ Free time dancing/ meditation, warm down	Closed in shoes, lots of water, morning tea	
<b>WEEK 29</b> <b>DATE: 21.7.25</b>	Reteach of new dance from last week and practice Senior Luncheon concert/ practice all dances taught /Dance Fit -TBA/ Free time dancing/ meditation, warm down	Closed in shoes, lots of water, morning tea	
<b>WEEK 30</b> <b>DATE: 28.7.25</b>	Keep revising dances taught, practice Senior luncheon concert dances / Dance Fit -TBA/ Free time dancing/ Meditation, warm down	Closed in shoes, lots of water, morning tea	
<b>WEEK 31</b> <b>DATE: 04.8.25</b>	Keep revising dances taught, practice concert dances / Dance Fit -TBA/ Free time dancing/ Meditation, warm down	Closed in shoes, lots of water, morning tea	
<b>WEEK 32</b> <b>DATE: 11.8.25</b>	Keep revising dances taught, practice concert dances/ Dance Fit -TBA/ Free time dancing/ Meditation, warm down	Closed in shoes, lots of water, morning tea	
<b>WEEK 33</b> <b>DATE: 18.8.25</b>	Keep revising dances taught, practice Senior Luncheon concert dances / Dance Fit -TBA/ Free time dancing/ Meditation, warm down	Closed in shoes, lots of water, morning tea	
<b>WEEK 34</b> <b>DATE: 25.8.25</b>	Teach a new dance – ‘ <u>Heartaches by the number</u> ’/ practicing Senior Luncheon Concert and revision of all dances taught / Dance Fit -TBA Free time dancing/ Meditation, warm down/	Closed in shoes, lots of water, morning tea	



<b>WEEK 35</b> <b>DATE: 01.09.25</b>	Walk through latest new dances/ Dance all dances taught / Dance Fit -TBA Free time dancing/ Mediation, warm down	Closed in shoes, lots of water, morning tea	
<b>WEEK 36</b> <b>DATE: 08.9.25</b>	Keep revising dances taught, /Dance Fit -TBA/ Free time dancing/ Meditation. Warm down	Closed in shoes, lots of water, morning tea	