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**Dear Readers,** The features on Page 10 of this issue offer some wonderful ideas for the exciting Summer Season. Tone your bodies and your mind with stunning ZUMBA Classes directed by Narelle who also offers term classes for Children. Book Now! Also featuring is Club Rebound Beach Volleyball, a unique fitness opportunity offering loads of fun. Get a group of friends together and enjoy the fitness and fun that Club Rebound Beach Volleyball offers. Telephone Lynette on Mobile 0417 967 618 for further information.

New players and teams welcome.

Extra copies of Out & About can be collected at Stewart Road News, Shop 6/17 Stewart Road Ashgrove.



EDITOR  
Ros Lingard

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Shining Stars Tutoring Centre provides the 'Learnersaurus Literacy program'. This program is being used in schools and homes across Australia, achieving outstanding results for dyslexic learners and students with learning difficulties. This program is delivered by Anne who is an experience classroom teacher, SPELD Specialist Literacy Teacher and an accredited Learnersaurus Literacy Coach.



The PreparaSaurus literacy program will take place on Tuesday and Friday mornings during the January school holidays from 10:00-10:45 on January 9,12,16.



PRINCIPAL:  
Anne Richards  
Literacy Specialist

Shining Stars Tutoring Centre  
Mobile: 0448 003 832  
Email: shiningstarstutoringcentre@gmail.com  
HighPoint Plaza, 240 Waterworks Rd, Ashgrove



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Our aim is to provide an environment for the child that is physically safe, cognitively challenging and emotionally nurturing (Magda Gerber RIE philosophy).

At Little Ducks Bardon we also place a lot of importance on our children's physical development. Through consultation with our local schools we have written our own physical development program – Move and Groove. The program is offered to all children twice weekly and encourages the development of gross motor skills that will help develop their gross motor muscles helping them to be the best they can be now and in the future. The program has been developed using the "Let's get moving"

Resource written by the Department of National Parks and Wildlife. What's most important is the program is fun, our children, educators and families all love our "Move and Groove" sessions.

Little Ducks Bardon is a new purpose-built service. We currently have limited vacancies, if you are interested in joining our community you are welcome to call Michele to arrange a tour.

97 Jubilee Terrace Bardon

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The team train with a professional instructor fortnightly at the world-class equestrian centre, QSEC Caboolture, improving skills in show jumping and dressage disciplines.

Their goals include participating in the EA Interschool Equestrian Competition to National level as well as regional show society events.

Any level rider is warmly encouraged to participate in the College's inaugural Equestrian Team.

For more information please contact the College.



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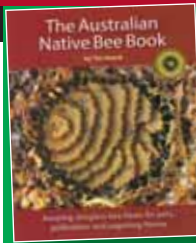


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**BOOK NOW FOR OUR CHRISTMAS  
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Workshops, gift ideas, expert advice and nearly 300 species of plants native to South East Queensland are waiting for you at The Gap's Paten Park Native Nursery – making this the ideal place to start thinking about your garden and perhaps a few Christmas gifts with a difference.

Resident Horticulturist Neil Murphy or one of the many informed volunteers are always on hand to share their knowledge and passion for native plants. Whatever the question, if it's about going native in your garden or undertaking a large-scale revegetation project, they are here to help.

Calling all young gardeners, artists or ecologists. If your youngsters love playing in the dirt, creating cool stuff or just love doing something in a fun environment, then the Christmas (and Easter) workshops are definitely something not to be missed. Facilitated by qualified early childhood educators, the four hour sessions on 12th, 13th and 14th December (Easter: 10, 11 and 12 April 2018) are for Primary school aged children. Call or email to reserve your place as spaces are limited and bookings are essential.

Paten Park Native Nursery is also a specialist in affordable housing for native wildlife such as birds, possums and microbats. Our nesting boxes are made to order and follow tried and tested designs – providing another gift idea for your garden or the garden of a friend or family.

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## Exercise Your Brain And Your Body at Ashgrove Dance Studio

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**L**earning to dance can be not only a lot of fun but a workout for the whole body.

According to some neuroscientists the benefits of activities such as dancing, particularly as we age, can help maintain not only our bodies but also our brains.

In fact, both the social aspect of being with people and enjoying ourselves, combined with the more complex activity of dance, requires the use of several parts of the brain – parts which we don't normally exercise as we age. Through dance we coordinate action, memorise complex behaviour, move it from short-term to long-term memory while also socialising - predicting how our partner will respond and how we will respond to others.

Wendy and Judith Lowe, the directors of Ashgrove Dance Studio, one of Queensland's oldest dance schools, not only agree but can pay testament to the science. "When we took over the dance studio in the early 1970s, both of us had been dancing and teaching dance nearly all our lives," Wendy said.

These classes offer a wonderful social experience for men and women of all ages to get fit and enjoy!.

**BOOK NOW FOR 2018**



*The excitement of Dance with the  
expertise of the Ashgrove Dance Studio...*

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It also exercises the mind as you learn new dance steps and combinations and - whether you get it right or wrong - the facial muscles too, because you can't help smiling when you feel this good.

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or visit [www.narellemcdowall.zumba.com](http://www.narellemcdowall.zumba.com)

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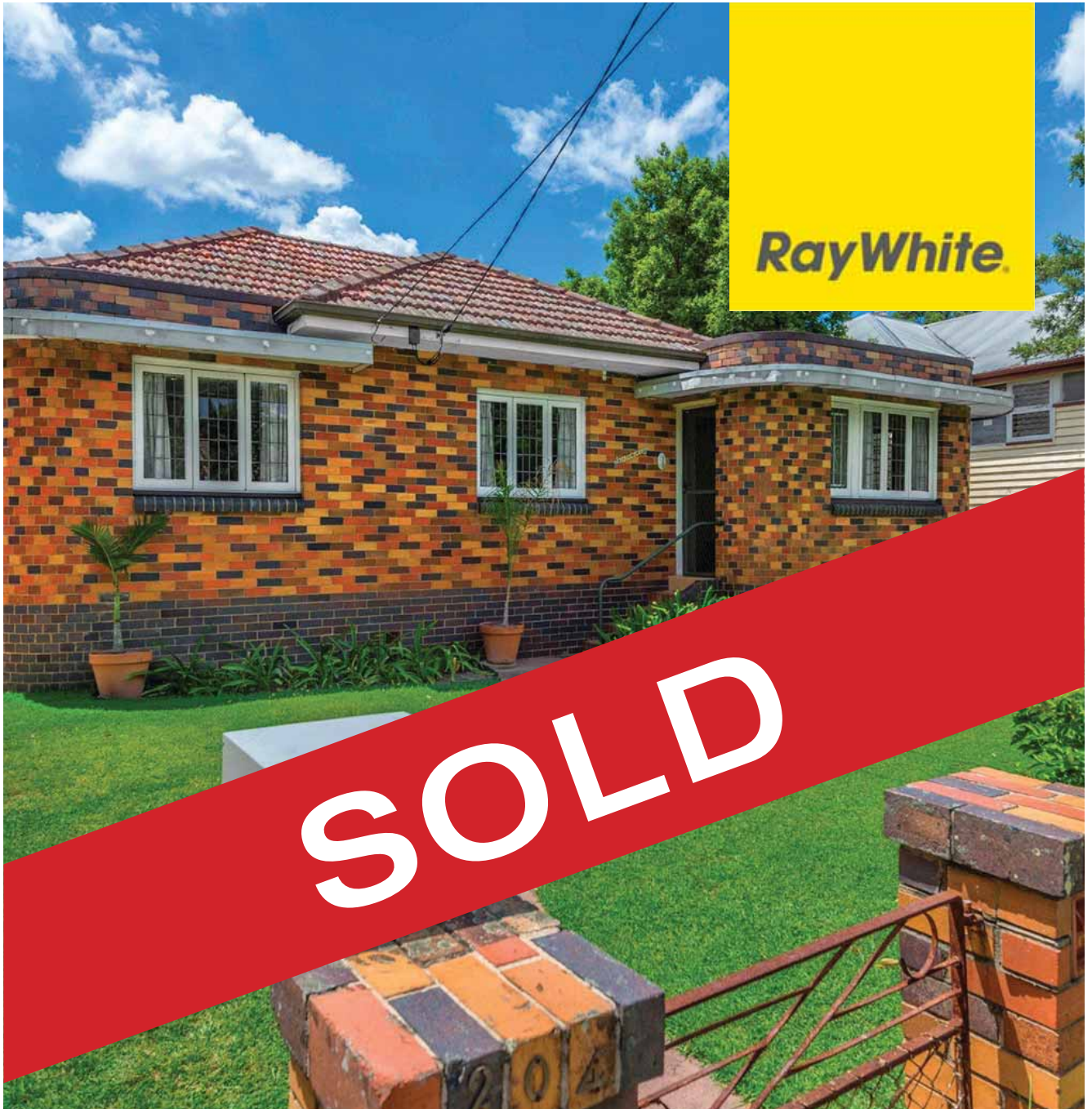
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GRACE STUDENTS FORM NEW EQUESTRIAN TEAM



Refer Page 6 feature editorial



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