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# Out & About

MAGAZINE

## The Phantom Of The Opera Is Coming...

The longest running musical in the history of New York City theatre, The Phantom of the Opera, will take to the stage in Brisbane later this year.

And fittingly, the Andrew Lloyd Webber classic will be performed by a company with its own long established presence in the theatre industry - the Savoyards, one of Queensland's oldest musical theatre companies.

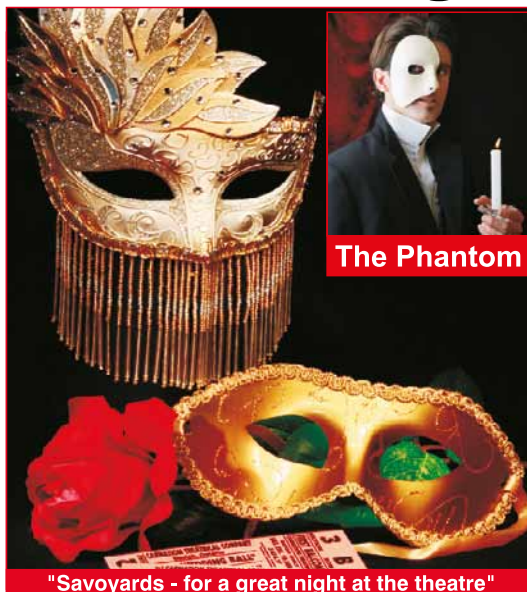
The production, which will premier during the Brisbane May/June 2013 theatre season, first opened in the West End in 1986 and then on Broadway in 1988 where it celebrated its 10,000th performance in 2012, becoming the longest running Broadway show by a huge margin.

The story, which revolves around a beautiful soprano Christine Daaé, who becomes the obsession of a mysterious, disfigured musical genius, was first published as a serialisation in a French daily newspaper in 1909.

But it's as a stage production - a musical which has won numerous Tony Awards - that it has reached audiences around the world.

And now, under the direction of Jason Ward Kennedy - himself a professional actor and singer with performances in Phantom of the Opera just one of his list of credits - Brisbane musical theatre lovers will get to enjoy the music, the story and the emotion of this world-wide hit.

**If you've never seen The Phantom of the Opera, or if you love it and want to see it again, make sure you book tickets to the Savoyards' Queensland Amateur Premier of the Lloyd Webber classic. To book, contact the Savoyards on 3893 4321 or visit [www.savoyards.com.au](http://www.savoyards.com.au).**



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Editor Ros Lingard

**W**elcome to Out & About Magazine readers and what an exciting year ahead!. With so much going on in and around Brisbane, there will be no excuses for sitting back with nothing to do in 2013. A wonderful award for a very special lady, Mrs Theda Lowe. O.A.M. for special service to the Performing Arts. Congratulations! Read all about it in this edition of Out & About. Don't forget, Out & About Magazine is happy to help you publicise your community activity or event. Just send details to Out & About PO Box 1686, Noosa Heads 4567 or email [ros@outandaboutmag.com.au](mailto:ros@outandaboutmag.com.au). The deadline for the next issue is 20th March. Extra copies of Out & About can be collected at Simon's Gourmet Gallery, 10-620 Moggill Road, Chapel Hill.

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O.A.M. 2013

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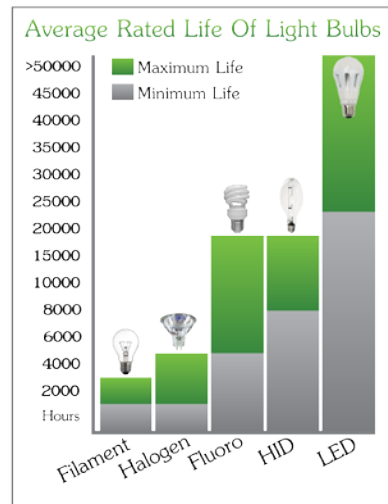
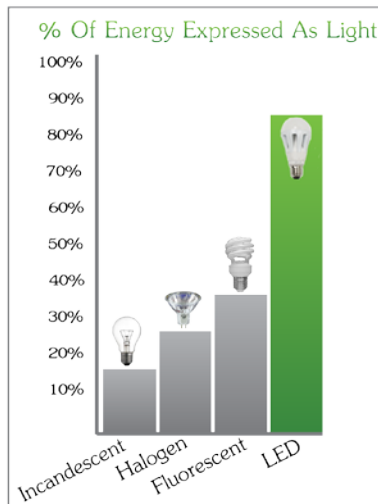
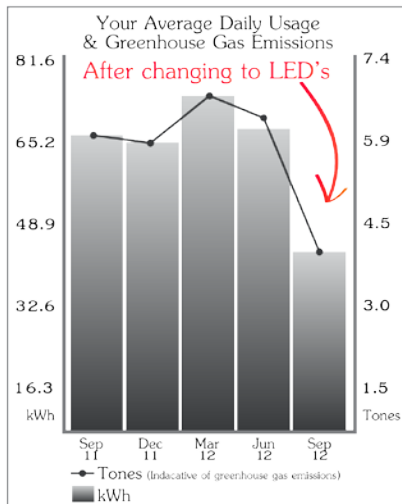


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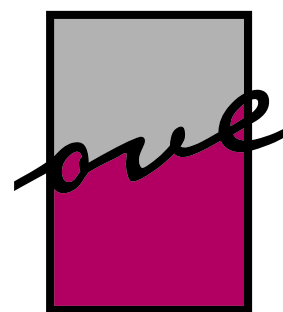
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*L*earning to dance can be not only a lot of fun but a workout for the whole body.

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.

"While we took over the dance studio in the early 1970s, both of us have been dancing and teaching dance nearly all our lives," Wendy said.

"Learning a new routine is akin to learning a new language."

"But unlike a new language, dance is a whole of body experience – there are some very complex things happening in the brain for something that is not only physically good for you but also a whole lot of fun."

Judith said Ashgrove Dance Studio had classes specifically for seniors - both male and female.

"While our dance studio has a reputation for shaping up and coming dancers and dance instructors, it is our classes for the older generations that have the potential to really make a difference in terms of enjoying life – the added bonus is that it's also a great way to make friends." **To find out more about Ashgrove Dance Studio and particularly classes for older men and women, visit [www.ashgrovedance.com.au](http://www.ashgrovedance.com.au) or phone 3366 2976.**

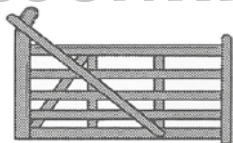


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### You're never too old to take up dance...

While Ashgrove Dance Studio originates from the oldest ballet school in Queensland, few would know that it is also the first dance studio in Brisbane to hold ballet classes for adults.

Since 1973, the Ashgrove Dance Studio has been teaching adults tap, jazz and classical dance styles.

Almost 40 years later, those classes are still as popular for those wanting to get fit, stay fit and feel good.



Co-principal, Wendy Lowe, said today more than ever, we are realising that fitness is an important part of maintaining healthy lifestyles as we get older.

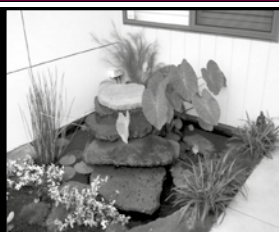
"Many of us may have learned some kind of dance when we were young," Wendy said. "But even if you didn't these classes are a great way to improve muscle tone, co-ordination, balance and general good health and well-being."

Visit the Ashgrove Dance Studio website [www.ashgrovedance.com.au](http://www.ashgrovedance.com.au) for details including venues and timetables. For bookings telephone 3366 2976 day or evening.

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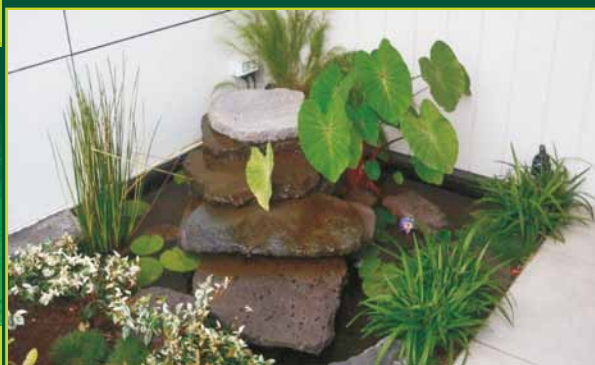
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