

Caring For Our Community

"Dancing brings you to life"

**Levin Dance
Groups at
the RSA**

Beginners are welcome and there's no pressure to get it right. If you're on your own you are very welcome to turn up - the cheerful and welcoming atmosphere ensures you will be well looked after.

Dancing keeps you fit and healthy, and in touch with others.



"Even if it's raining, it's sunny in here."

Bet and Eunice have been dancing since the 60s. Now that their partners have passed away, they usually dance with each other. "Dancing has been a wonderful experience," says Eunice. "No matter what you've done in your life, it brings you to life."



There are two sessions per week, both at the RSA in Levin: Tuesdays 10am-12pm, and 'Happy Feet' sessions on Thursday 7pm-10pm. The \$2 entry and monies received from raffles goes back into the community. Contact Patsy or Jack on 06 368 6921.

ENERGY SAVING TIPS FOR THE LIVING ROOM

- Use heaters with a thermostat. Set heating thermostats to a comfortable low setting (not above 22 degrees C).
- Consider installing a heat pump. For every kilowatt of electricity used to power the machine, more than three kilowatts of heat are transferred into your room - and that means lower running costs.
- Consider double glazing for exterior windows.
- Use heavy insulating drapes. Draw them at dusk, especially in winter.
- Whenever possible, turn off all equipment at the socket when not in use.
- Keep doors closed to stop draughts and to keep heat in. Use draught stoppers at the base of doors in cold weather.



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