



What is it?

A Saturday night disco for older ladies. Ladies who want to meet new friends, who might live alone, those who love a disco, those who are the first on the dancefloor at a wedding and are asking for one more song at the end of the night!

Dance yourself Dizzy is a social gathering, it is a social movement, it will get us out of our slippers on a Saturday night. We'll wake up with aching feet on a Sunday morning and we will love it.

As we get older our dancing days dwindle, we cling on to a wedding or birthday party with a disco, but we want to dance more often than that. Town is for young people, Saturday nights are for couples, what if you are not in a couple? Dance yourself Dizzy fills the gap.

The more we talk about this night the more women open up to us, they don't feel confident, it is hard being single especially when you are in your 50s or 60s or 70s or 80s! We are embracing the life of a single lady, we are inviting you to meet and dance the night away with new and old friends.

We will boost confidence, self-esteem, we'll give women something to look forward to on the calendar, something to chat about in the local shop to get more women along.

The night will be self-sustained through a door charge in the medium to long term, but we are seeking funding to cover the costs for 6 events to establish this night – marketing, venue and DJ hire. The night is hosted at the Legion on Langworthy Road.