

## SQUARE DANCING IS A **FUN-FUN-FUN** SEMI-CONTACT ACTIVITY

With all its moving, twisting, and turning, square dancing provides more than the daily dose of heart and bone healthy physical activity. Remembering all the calls from "do-sa-do" to "allemande left" keeps the mind sharp, experts say. And the companionship that regular square dancing offers is an antidote to depression and loneliness, a statement confirmed by square-dancing advocates everywhere.

The touching in itself can be beneficial to health, according to studies conducted at the Touch Research Institute in Miami, which showed that regular touching can reduce stress and depression and enhance immune system function.

A typical evening is about three hours long and, in that time, usually 5 to 7 "tips" are called. A tip includes a "hash call" where the caller calls out some moves, which the dancers execute in smooth, choreographed routines -- and a "singing call," which can include all types of square-dance moves timed to fit popular songs. On any given evening, dancers will twirl across the floor to the music of John Denver's "Take Me Home, Country Road," the Bee Gee's "Stayin' Alive," Donna Summer's "She Works Hard for the Money," as well as songs by the Beatles and Elvis Presley. Today's square dancing is hipper than what most people see in movies, and more therapeutic than you might think. It takes your mind off of the day-to-day problems; and all those other worries and thoughts disappear when you are dancing.

You say you're tempted, but not sure if you've got what it takes? Don't underestimate yourself. Square dancing is not as complex as it looks; you just learn one move at a time and go from there. So what's stopping you from joining in all the fun? Square dance clubs are popping up all across the world, and they want you. On the inside of this pamphlet, is the name, area, and contact numbers of every club in this area.

Square Dancers in this area, as of this printing, run in age from pre-teens as young as 6 years old to one couple that are both over 90 years old, and are still dancing. So, as you see, Square Dancing is really something anyone can do.

### SQUARE DANCING IS THE OFFICIAL STATE DANCE OF THE STATE OF WASHINGTON

[sqdance.org](http://sqdance.org)



**Square  
Dancing**  
GREAT  
**FUN, FUN, FUN**  
(with "U" in the middle)

#### **MANY**

##### **Reasons to Square Dance**

It's great fun  
Exercise to music  
Gets you off the couch  
Meet active & fun people  
Laughter, and lots of hugs  
Learn a new skill  
You can dance anywhere  
Did I say "IT'S GREAT  
FUN"  
Gets your brain working

If you ask your doctor,  
he or she will say  
Square Dancing burns  
about 300 calories an  
hour and is a good  
form of mild exercise  
for the body, and the  
head.

SQUARE DANCE  
CLOTHES &  
SHOES FOR YOU....

**PETTICOAT JUNCTION  
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*The Fun Dance Store!*



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**Check with one of these clubs for Lesson Information**

<b>Canyon Park Area</b>					
Shirts-n-Skirts <b>LESSONS</b>		(Teen Club) <b>call for time and place</b>	<b>Wednesday</b>	425-348-6030	rkpreskitt@comcast.net
<b>Darrington Area</b>					
Scramblin' Squares <b>LESSONS</b>	<b>Jan 7</b>	(Mainstream) <b>Mansford Grange 6:30PM</b>	<b>Thursday</b>	360-436-2167	drnels@drnels.com
<b>Edmonds Area</b>					
Checkerboard Squares <b>LESSONS</b>	<b>Jan 3</b>	(Mainstream) <b>Edmonds Masonic Hall 6:00 – 8:00PM</b>	<b>Sunday</b>	206-362-0773 425-778-8472	Bruce & Karen Cameron thorton@hwageo.com
Dancing Shadows <b>LESSONS</b>	<b>Sept 13</b>	(Round Dance Ph 2,3,4) <b>Edmonds Masonic Hall 12:30 / 2:15 / 4:00</b>	<b>Sunday</b>	425-398-9011 425-387-1600	candsmccracken@verizon.net debbie@rdcuers.com
<b>Juanita/Kirkland Area</b>					
Samena Squares <b>LESSONS</b>	<b>Sept 17</b>	(Mainstream) <b>Juanita Community Club 7:30 – 9:30PM</b>	<b>Thursday</b>	425-823-6581	barnhartland@aol.com
<b>Lynnwood Area</b>					
Dancing Jewels <b>No Lessons</b>		(Exhibition Round Dance)	<b>Sunday</b>	425-259-2601	Doug & Janet Seavy
Dudes & Dolls <b>LESSONS</b>	<b>Sept 8</b>	(Mainstream) <b>Cedar Valley Grange 7:30 – 9:30PM</b>	<b>Tuesday</b>	425-265-1634 425-486-8587	pawpr1nt@comcast.net www.dudesanddolls.org
Happy Rounders <b>No Lessons</b>		(Round Dance Ph 3/4) <b>call for time and place</b>		206-364-4173	shirleycue@aol.com
Whirlybirds <b>LESSONS</b>	<b>Sept 17 Jan 14</b>	(Mainstream) <b>Hayloft Dance Hall 7:30 – 9:30PM</b>	<b>Thursday</b>	425-353-3471 425-335-4324	grexs34@verizon.net jpburnside@comcast.net
<b>Marysville Area</b>					
Happy Hoppers <b>LESSONS</b>	<b>Sept 14</b>	(Mainstream) <b>Totem Middle School 7:00 – 9:00PM</b>	<b>Monday</b>	425-299-8565	deal787@verizon.net
<b>Mill Creek Area</b>					
Sky Valley Whirlwinds <b>LESSONS</b>	<b>Sept 8</b>	(Mainstream) <b>Triway Grange 7:30 – 9:30PM</b>	<b>Tuesday</b>	360-794-8240	bass424@comcast.net
Spurs and Laces <b>LESSONS</b>	<b>Sept 20</b>	(Pre-teen, Teen 6-19yr & Family) <b>Triway Grange 4:00 – 5:30PM</b>	<b>Sunday</b>	425-772-3476	raybft@comcast.net
<b>Monroe Area</b>					
Fern Bluff Squares <b>LESSONS</b>	<b>Sept 17 Jan 14</b>	(Mainstream) <b>East County Senior Center 7:00 – 9:00PM</b>	<b>Thursday</b>	360-793-2848 360-794-6629	sunflyer@hotmail.com llamapacker@hotmail.com
<b>Mount Vernon Area</b>					
Fidalgo Fogcutters <b>No Lessons</b>		(Plus) <b>Call for dance information</b>	<b>Friday</b>	360-707-2895 360-766-6729	jar@fidalgo.net ploegrj@msn.com
Mount Baker Singles <b>LESSONS</b>	<b>Sept 15 Jan 5</b>	(Mainstream) <b>Mount Vernon Sr Cntr 7:00 – 9:00PM</b>	<b>Tuesday</b>	360-424-4608 360-387-5055	rosie@valleyint.com glenshaw1@msn.com
Skagit Squares <b>LESSONS</b>	<b>Sept 15 Jan 5</b>	These two clubs have joint lessons (Mainstream) <b>Mount Vernon Sr Cntr 7:00 – 9:00PM</b>	<b>Tuesday</b>	360-424-9675	bevruuth@msn.com
<b>Seattle/Lake City Area</b>					
Freewheelers <b>LESSONS</b>	<b>Sept 9</b>	(Mainstream-Singles & Couples Club) <b>Lake City Community Cntr 7:30 – 9:30PM</b>	<b>Wednesday</b>	425-337-5441 425-673-0858	penny.schultz3@verizon.net
<b>Whatcom County Area</b>					
Rainbow Squares <b>LESSONS</b>	<b>Sept 15</b>	(Mainstream) <b>Ten Mile Grange 7:00 – 9:00PM</b>	<b>Tuesday</b>	360-733-4487	olgaskill@comcast.net
<b>Whidbey Island</b>					
Whidbey Whirlers <b>LESSONS</b>	<b>Sept 14</b>	(Mainstream) <b>Oak Harbor Knights of Columbus</b>	<b>Mon</b>	360-293-0472 360-675-8691	jsteen815@verizon.net berkarl@whidbey.net
<b>Woodinville Area</b>					
Woodinville Square Crows <b>LESSONS</b>	<b>Jan 5</b>	(Mainstream) <b>Sammamish Valley Grange</b>	<b>Tuesday</b>	425-742-5597 425-385-2191	delectdave@aol.com
Woodinville Toe Stompers <b>No Lessons</b>		(Plus) <b>Sammamish Valley Grange</b>	<b>Monday</b>	425-231-7081 425-231-7080	callercuer@comcast.net

If you bring this flyer to the club's 1st and/or 2nd lesson, that lesson may be free to you and your partner.