

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

<http://www.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...

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Canyon Park Area	Shirts-n-Skirts LESSONS		(Teen Club) call for time and place	Wednesday	425-348-6030	rkpreskitt@comcast.net
Darrington Area	Scramblin' Squares LESSONS	Oct 2	(Mainstream) Mansford Grange 6:30PM	Thursday	360-436-2167	drnels@drnels.com
Edmonds Area	Checkerboard Squares LESSONS	Jan 4	(Mainstream) Edmonds Masonic Hall 6:00 – 8:00PM	Sunday	206-362-0773 425-778-8472	Bruce & Karen Cameron thorton@hwageo.com
	Dancing Shadows LESSONS	Sept 14	(Round Dance Ph 2,3,4) Edmonds Masonic Hall 12:30 / 2:15 / 4:00	Sunday	425-398-9011 425-387-1600	candsmccracken@verizon.net debbie@rdcuers.com
Everett/Snohomish Area	Spurs and Laces LESSONS	Sept 14	(Pre-teen & Teen 6-19yr) Triway Grange 5:30 – 7:30PM	Sunday	425-772-3476	raybft@comcast.net
Juanita/Kirkland Area	Samena Squares LESSONS	Sept 18	(Mainstream) Juanita Community Club 7:30 – 9:30PM	Thursday	425-823-6581	barnhartland@aol.com
Lynnwood Area	Dancing Jewels No Lessons		(Exhibition Round Dance)	Sunday	425-259-2601 206-365-8095	Doug & Janet Seavy Martha Mercer
	Dudes & Dolls LESSONS	Sept 9	(Mainstream) Cedar Valley Grange 7:30 – 9:30PM	Tuesday	425-778-7341 425-485-0429	sharmanby@aol.com www.dudesanddolls.org
	Happy Rounders No Lessons		(Round Dance Ph 3/4) call for time and place		206-365-8095 206-364-4173	Miss_Marty14@hotmail.com shirleycue@aol.com
	Whirlybirds LESSONS	Sept 11 Jan 8	(Mainstream) call for place 7:30 – 9:30PM	Thursday	425-353-3471 425-774-5257	grexs34@verizon.net lineman7@verizon.net
Marysville Area	Happy Hoppers LESSONS	Sept 8	(Mainstream) Totem Middle School 7:00 – 9:00PM	Monday	360-659-8277 360-658-6519	Steve & Carol Tompkins llyoung425@aol.com
Mill Creek Area	Sky Valley Whirlwinds LESSONS	Sept 18	(Mainstream) Triway Grange 7:30 – 9:30PM	Thursday	360-794-8240	nancytupstar2@msm.com
Monroe Area	Fern Bluff Squares LESSONS	Sept 11	(Mainstream) East County Senior Center 7:00 – 9:00PM	Thursday	360-793-2848 425-794-6629	sunflyer@hotmail.com llamapacker@hotmail.com
Mount Vernon Area	Fidalgo Fogcutters No Lessons		(Plus) Call for dance information	Friday	360-707-2895 360-766-6729	jar@fidalgo.net ploegrj@msn.com
	Mount Baker Singles LESSONS	Sept 16 Jan 6	(Mainstream) Mount Vernon Sr Cntr 7:00 – 9:00PM These two clubs have joint lessons	Tuesday	360-424-4608 360-387-5055	rosie@valleyint.com glenshaw1@msn.com
	Skagit Squares LESSONS	Sept 18 Jan 8	(Mainstream) Mount Vernon Sr Cntr 7:00 – 9:00PM	Tuesday	360-424-9675	bevruuth@msn.com
Seattle Area	Freewheelers LESSONS	Sept 10	(Mainstream-Singles & Couples Club) Bitter Lake Community Cntr 7:00 – 9:00PM	Wednesday	425-337-5441 425-673-0858	penny.schultz3@verizon.net
Whatcom County Area	Rainbow Squares LESSONS	Sept 18	(Mainstream) Ten Mile Grange	Thursday	360-733-4487 360-966-4896	olgaskill@comcast.net
Whidbey Island	Whidbey Whirlers LESSONS	Oct	(Mainstream) Oak Harbor Knights of Columbus	Wed	360-293-0472 360-675-8691	jsteen815@verizon.net berkarl@whidbey.net
Woodinville Area	Woodinville Square Crows LESSONS	Jan 6	(Mainstream) Sammamish Valley Grange	Tuesday	425-742-5597 425-392-2514	delectdave@aol.com lynnvs@cablespeed.com
	Woodinville Toe Stompers No Lessons		(Plus) Sammamish Valley Grange	Monday	425-231-7081	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.

If you need more of these flyers, they are available at Petticoat Junction, or call 425-835-0925, or email mahanrk@aol.com