



# BEGINNING SQUARE DANCE LESSONS

Sponsored By Rainbow Squares  
Teacher/Caller: Oren Gaskill

WHEN: Starting Tuesday, September 25, 2018

WHAT TIME: 7 pm to 9:00 pm

WHERE: Ten Mile Grange

6958 Hannegan Rd, Lynden, WA

DIRECTIONS: Take Guide Meridian to Pole Rd., Go  
EAST on Pole Rd. to Hannegan Rd., Go NORTH  
about 500 feet to Ten Mile Grange on the RIGHT.

Adults: \$5.00 per Lesson                      Youth: \$2.00 per Lesson

**Come join us for a fun time – The First TWO lessons in  
the series are FREE!!**

Square Dancing is GREAT fun and there are MANY healthy reasons to square dance.

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.

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 mind.

**Casual Attire – Singles, Couples, Families Welcome! Bring a Friend!**

Contact: (360) 733-4487 or (360) 303-6080

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<http://www.sqdance.org>