

Shhh.....Square Dancing is FUN!

By Dot Tunstall, Vice-Chairman

- Square Dancing is great for both single people and married people! Why?
- Because it gives you great physical and mental exercise as well as great socialization.
- It is an inexpensive activity in an alcohol and smoke free atmosphere that can be enjoyed by family members of all ages.
- Some medical doctors think it could add ten years to your life!
- You can keep your mental acuity by listening to what the Caller says and then executing what he (or she) says.
- According to how much you square dance, it's comparable to walking or running miles, except it's much more fun.
- The socialization can't be beat as you learn about your partner (even if it is your spouse) and the other guys and gals in a square, which consists of eight people.
- We also usually have good food to eat too.

This will happen again when Covid-19 finishes up!

You can also keep learning new moves or steps as you progress.

We also have Square Dances all over the state and four times a year the whole state meets to dance together, as well as to meet and socialize.