

# Live Lively-



Learn  
To

## Square Dance!

**ARE YOU LOOKING for  
SOMETHING FUN TO  
DO?**

Then you are in luck, Square Dancing is FUN and easy to learn. The first 2 lessons are free, September 4<sup>th</sup> and September 11<sup>th</sup>. After the first free lesson you will want to tell your friends how much fun it is. We think you will want to ask them to join you for the second free lesson.

***Come join us. Its FUN!***

Co sponsored by  
PLANO PARKS and REC DEPT  
and the  
SWINGING STARS of PLANO SQUARE  
and ROUND DANCE CLUB

## LESSON INFORMATION

**WHERE:** Carpenter Recreation Center  
6701 Coit Road, Plano TX 75023

**WHEN:** Every Tuesday,  
Sept. 4<sup>th</sup> thru Dec. 18<sup>th</sup>  
16 Lessons taught by caller:  
**Wayne Baldwin**

Member of Texas State Callers' Hall of Fame

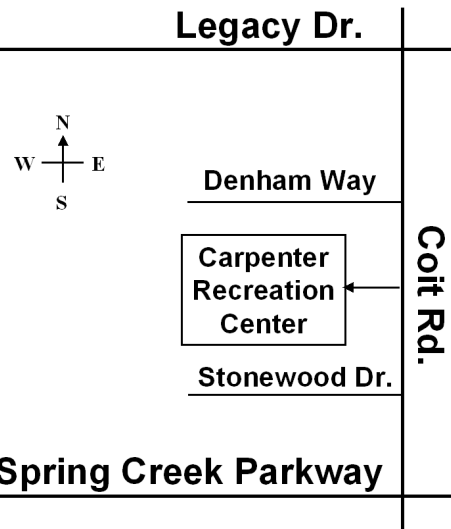
**TIME:** 7:30 to 9:30 PM

**REGISTRATION:** Begins August 4th.  
Register by calling the Rec. Center at  
972-208-8087 or go to the website:  
[www.planoparks.org](http://www.planoparks.org) & click on the link:  
Leisure OnLine. Class is # 11634 CAR

**FEE:** \$59 per person (partner required)  
16 Lessons total

Students under 18 must be accompanied by  
an adult taking lessons.

**First Two Lessons are free!!**  
**September 4<sup>th</sup> and September 11<sup>th</sup>**



**Modern Western  
Square Dancing can be  
fun for the whole  
family**

*After teens complete the  
mainstream square dance  
lessons, they are welcome to  
dance for free at most of the  
club dances in the north Texas  
area when accompanied by  
adults.*



**IT'S GREAT FUN**

*Square Dancing is friendship  
set to music. It brings people  
together for fun and  
fellowship while learning.  
The dance formations cause  
you to interface with the  
others in your square and the  
breaks between dance "tips"  
are a natural lead-in to  
conversation and networking.  
It is a no-stress no-strain way  
of getting exercise.*



The Swinging Stars Square Dance Club invites you to come to our 2 Free Introductory Square Dance lessons at Carpenter Recreation Center 6701 Coit Road, Plano TX. These 2 lessons are to introduce you to our favorite pastime "Square Dancing". We would like for you to take part in these 2 Free dance lessons by joining in the fun as our caller leads you thru a few basic calls such as left allemande, right and left grand, along with a few more fun calls. We hope you will sign up to take the set of lessons being offered every Tuesday from September 4<sup>th</sup> thru December 18<sup>th</sup> at 7:30 to 9:30. Upon completion of the lessons being taught at the Carpenter Rec. Center you will be prepared to become a member of Swinging Stars Square Dance Club.

The Swinging Stars Square Dance Club meets the 2<sup>nd</sup> and 4<sup>th</sup> Friday nights of each month, at the Shepard Elementary School, 1000 Wilson Dr. Plano.

### ATTIRE

Wear a comfortable pair of shoes and comfortable clothes for the lessons.

### SWINGING STARS CONTACTS

Dave & Lorraine Burson 972-396-0941

Ralph & Lucy Hamm 214-872-7219

Or email

President@swingingstars.org

Or go to the

Website: [www.swingingstars.org](http://www.swingingstars.org)

## Modern Western Square Dancing

*Offers a new image for square dancing. Not at all like what you may have experienced as a child in school, Today's square dancing is a fun activity, set to music that is inline with the modern music we enjoy today.*

## Fun and Affordable Entertainment

Almost any night of the week you can find a Square Dance within the Metroplex. For \$14 per couple you can dance and socialize for 2-3 hours with refreshments included. The refreshments might be simple cookies or an elaborate "spread" provided usually at special dances or anniversary dances. What a bargain this is.



## HERE IS A GOOD REASON TO PUT ON YOUR DANCING SHOES

Dancing may be good for the brain, according to a study from Germany in *Frontiers in Human Neuroscience*. Researchers divided healthy adults, into two training groups for 18 months: Half engaged in a special dance program that required continually learning challenging new routines; the other half did aerobic fitness workouts, along with strength and flexibility training—repetitive activities that did not require new learning. Classes were held twice a week for six months, then once a week for the next 12 months.

As seen on their MRI's, both groups had increases in gray matter in the part of the brain which is involved in learning, long-term memory and spatial navigation, but the dancers had increases in more parts of this brain structure and also had significant improvements in overall balance. The authors concluded, "the additional challenges involved in a dance program, [benefited the brain] more than those attributable to physical fitness alone."

