

# 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 3<sup>rd</sup> and September 10<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 SQUARE and  
ROUND DANCE CLUB

## LESSON INFORMATION

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

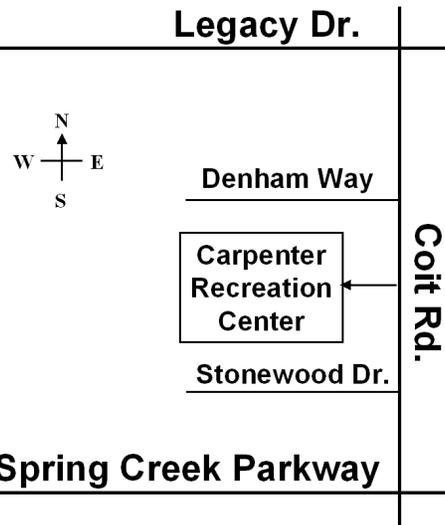
**WHEN:** Every Tuesday,  
Sept. 3<sup>rd</sup> thru Dec. 17<sup>th</sup>  
16 Lessons taught by caller:  
**Bobby Willis**  
Caller For  
Swinging Stars Square Dance Club

**TIME:** 7:15 to 9:15 PM

**REGISTRATION:** Begins August 3<sup>rd</sup>  
Register by calling the Rec. Center at  
972-208-8087 or go to the website:  
[www.planoparks.org](http://www.planoparks.org) & click on  
Registration enter 20984 in the search  
space.

First Two Lessons are free!!  
September 3<sup>rd</sup> and September 10<sup>th</sup>

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



## 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 3<sup>rd</sup> thru December 17<sup>th</sup> at 7:15 to 9:15. 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

Nick & Diane Stewart 972-377-3910

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 \$16 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."

