



# INTRO to SQUARE DANCING PARTY



Sunday, September 8, 2019 – 6:30 PM

**FREE**

**FUN LEVEL DANCING**

**FREE**

**REFRESHMENTS**



**Baker Community Center**  
101 S. Second St. (Rt. 31)  
One Block South of Rt. 64  
St. Charles, IL



**Singles, Couples & Families Welcome!**

**No Partner Necessary!**

Move your body. Move your brain.

Sample a uniquely American dance hobby that can change your life.

You'll be Square Dancing before you can say 'do-si-do.'

No experience necessary. Casual dress.

**Caller/Instructor – Howard Hoffman**

**Lessons Start September 15, 2019**

**Same Location - Sundays from 6:30 – 8:30 PM**

Sponsoring Clubs: Fox Valley Mixers - Couples

Bachelors 'N' Bachelorettes - Singles

Associate Groups of the St. Charles Park District.

For more information contact:

Fox Valley Mixers: Chuck or Bobbi – 847-841-1006

or email [kcdbc@aol.com](mailto:kcdbc@aol.com)

Bachelors 'n' Bachelorettes: Mona – 708-703-7656 or

Tom - 779-400-5402 or email Tom at [Tophat401@yahoo.com](mailto:Tophat401@yahoo.com)

Join the Fun! Square Dancing Has Been Called Friendship Set to Music

Visit us online at <http://www.foxvalleymixers.org> or

<http://www.BataviaBnB.com>

## SQUARE DANCE HEALTH BENEFITS

Edited from WebMD

### GOOD FOR BODY AND MIND

With all of its moving, twisting, and turning, square dance provides a *heart and bone healthy activity*; potentially staving off age-related memory loss. The companionship that regular square dancing offers is an *antidote to depression and loneliness*.

### IF YOU CAN WALK, YOU CAN SQUARE DANCE

Lewis Maharam MD, a sports medicine specialist, says that anything that keeps you active will keep you healthier and feeling younger. Any weight-bearing exercise, including square dancing, is a major benefit as one ages. *Weight-bearing exercise improves bone health* and thus may stave off the brittle-bone disease osteoporosis.

Square dancing also helps you with the feeling of where you are in space and with *coordination*. This may reduce falls and chances of fractures.

Regular square dancing *may boost endurance*. Being able to tolerate increased movement may result in improved cardiac function. The heart, a muscle, can become more efficient with exercise.

### A SOCIAL FORM OF EXERCISE

The *primary benefit of square dancing is the social interaction* between people states Jerry Reed, executive director of CallerLab- the International Association of Square Dance Callers. Square dancing is kind of unique in that it involves touching hands. We touch hands in turning and swinging. Physical contact in itself can be beneficial to health according to studies conducted at the Touch Research Institute of Miami. Studies showed that regular touching *can reduce stress and depression and enhance the immune system function*. Regular square dancing allows you to meet and make friends. It takes your mind off of the day-to-day problems. All those other worries and thoughts disappear when you are dancing.

**NOW IS THE TIME TO TRY SQUARE DANCING!**

