



BEGINNING SQUARE DANCE LESSONS

Sponsored By Rainbow Squares

WHEN: Starting Tuesday, September 15, 2009
WHAT TIME: 7 pm to 9:00 pm
WHERE: Ten Mile Grange, 6958 Hannegan Rd, Lynden
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.

Teacher/Caller: Oren Gaskill

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.

No experience necessary – Casual Attire - First TWO lessons in Sept are FREE!!

Everyone Welcome! Singles, Couples, Families!

BRING A FRIEND!

Come join us for a fun time

Contact: (360) 733-4487 olgaskill@comcast.net

Mt. Baker Council Website: www.sqdance.org

Square & Folk Dance Federation of Washington Website: www.squaredance-wa.org