



BEGINNING SQUARE DANCE LESSONS

Sponsored By Rainbow Squares
Teacher/Caller: Wendy Krueger

WHEN: Starting Tuesday, September 24, 2024

WHAT TIME: 7 pm to 9:00 pm

WHERE: Ten Mile Grange

6950 Hannegan Rd, Lynden, WA

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.

Adults: \$7.00 per Lesson ~ Youth (Under 18): \$3.00 per Lesson

**Come join us for a fun time – The First TWO lessons in the
series are FREE!!**

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.

Casual Attire – Singles, Couples, Families Welcome! Bring a Friend!

Contact: (360) 733-4487 or (360) 303-6080

olgaskill@comcast.net <http://www.sqdance.org>

Facebook: Rainbow Squares Mainstream Square Dance Club