

Walk In.... Dance Out

by Kaye West

Have you always wanted to learn how to dance?
Do you have a partner who believes s/he can't dance?
Do you want to see if dancing can provide physical, mental, and social benefits for you?
Are you seeking an activity you and your partner can enjoy together?
Would you like to gain confidence in leading a partner in social ballroom dancing?
Perhaps you would like to enjoy several evenings of fun recreation or observe teaching methods?

Whatever your motivation, you are invited to join us in celebrating International Dance Day (April 29) by attending three **FREE** one-hour social dance classes sponsored by the Shall We Round Dance Club!

Classes will be held in the Rec 2 ballroom on **Tuesdays: April 11, 18, and 25**. Sign in at 6:30 pm; class is from 7-8 pm, and staff will be available afterwards for optional additional practice.

Larry Caves, who for 27 years was the director of the ballroom dance program at ASU, will be using his proven method of carefully-sequenced and entertaining instruction. By the end of the third class, attendees can expect to confidently dance freestyle in five rhythms: foxtrot, swing, rumba, waltz, and cha cha!

To register or for more information, call Kaye West (480-390-1554) or send name(s), address(es), phone number(s), and email addresses(es) to her at Manor #1483.

What are the Benefits of Partnership Dancing?

Healthfitnessrevolution.com reports "Ballroom dancing is a wonderful way for people from all walks of life to get in shape while also releasing their creative juices" with specific health benefits of increased self-esteem, decreased stress, and even improved body mass index (BMI) scores. This website references the top ten benefits of ballroom dancing cited in *ReSYNC Your Life* by Samir Becic (2017):

Uplifting and Fun.

Moving to the beat of music amid upbeat instruction is a joyful experience.

Muscle Toning.

Ballroom dancing develops strength and muscle definition.

Bones and Joints.

As a weight-resisting activity, it is a great low-impact activity which helps protect bone density and prevent osteoporosis. It can also speed up knee surgery recovery.

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Flexibility.

Stretching inherent in ballroom dancing contributes to flexibility.

Brain Food.

Dancing can help prevent the onset of dementia; it increases spatial memory, and as a partnership activity produces stronger overall mental health.

Burns Fat.

Dancing is a great aerobic activity that boosts metabolism and burns calories.

Creative Outlet.

“The art of dancing is something that comes naturally to people...” which can help “... unlock a beautiful rhythm your body may have been hiding.”

Conditioning.

Engaging in dance for thirty minutes four times weekly can improve heart health, lower obesity and type 2 diabetes risk, and promote lung capacity.

Endurance.

The more you dance, the more of an opportunity for your muscles to work harder and for longer periods of time, which trains your body to resist fatigue.

Social Connectivity.

“Being more social can help improve self-esteem, lower stress levels, increase sense of purpose, and promote a positive outlook on life.”

What Other Dance Opportunities are Available in Leisure World

If you have never danced before, these free classes can get you up and running so that you can engage more effectively in the many partnership dance opportunities available in Leisure World:

From October through April the Recreation Department sponsors dance parties with live bands approximately twice a month with an additional dinner dance party on five holidays in the summer.

Leisure World has two dinner dance clubs: Causal-Aires and Moonlight Serenade which each provide several evenings of dancing for members.

The Leisure World Big Band practices on Tuesday mornings at Rec 2 and invites listeners to dance at their rehearsals.

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The Shall We Round Dance Club and other area groups offer many classes in partnership dancing from November through March which focus on teaching *routines* in many different dance rhythms and at varying skill levels which can increase dancers' repertoire of dance moves. This activity has been alternately called round dancing, choreographed ballroom dance, and cued ballroom dance. Internationally-known residents Bill and Carol Goss also offer classes in round dancing as well as ballroom dancing during the season.

Please join us, April 11, 18, and 25. Bring your friends! Singles and walk-ins are welcome!

Proposed feature article, due March 10. 696 words.