

October Article

The Ballroom Dance Club is excited to teach the cha cha in October! Jim and Lia are ready to guide you through the steps. We'll be meeting every Tuesday from 3:30 to 4:30 p.m.

Dancing isn't just fun—it's also great for your health! Culture Collective says dance can do more than just get you moving. A look at 218 studies showed that dancing can really help lift your spirits. Plus, a study from New Oxford found that eight weeks of dance classes helped young adults feel less down and more at ease with others.

Music, movement, connecting with people, and getting active can all work together to boost your mood.

Just a heads-up, there won't be any dance lessons in November or December, but we're planning a Christmas Potluck on December 8. Keep an eye out for more details about that! We'll be back in action with lessons starting in January.

If you're interested in joining, it's just \$10.00 a year for residents and guests who are sponsored. We have lessons every Tuesday in the Kilaga Springs Lodge Multipurpose room. Open dance starts at 2:00 p.m., and the October lesson kicks off at 3:30 p.m. where Jim and Lia will be teaching the cha cha. If you have any questions, feel free to visit our website at sclhbdc.com or email sr64danz@sbcglobal.net.

Photo is Paul and Peggy Carr

