

MARCH NEWSLETTER

The Ballroom Dance Club had its first dance party of the year on Valentine's Day. It was all about the heart and soul of the season, with a theme that perfectly captured the spirit of love and romance. We had a delightful spread of desserts to munch on while we danced to a variety of ballroom music. The Multipurpose Room (KS) was decked out in festive decorations with hearts and the color red on full display.

Now, let's talk about a peppy Ballroom Dance. The East Coast Swing, a dance that's as energetic as it is fun. The East Coast Swing is a bouncy, rotational dance that's perfect for faster music. It's a great way to let loose and have some fun.

By contrast, the West Coast Swing is a smoother, slotted dance that's ideal for slower music like Rhythm and Blues and Top 40. It's a more linear and flowing dance.

Dancing is not only a great way to stay active, but it's also a fantastic way to meet new people and have some fun. So, if you're looking for a way to get your heart racing and your spirits lifted, come on down to the Multipurpose Room (KS) and join us on Tuesday afternoons.



And if you're a resident or a sponsored guest, you can join our annual membership program for just \$10.00. Lessons are held in the Kilaga Springs Lodge Multipurpose rooms each Tuesday. If you have any questions or need to reach out to us, feel free to give Sal Algeri a call at 916-408-4752 or visit our website at sclhbdc.com. We're here to help you make the most of your dance experience.

Photo: Connie Anderson and Bill Eves