

Looking for a fun way to be physically and mentally active this fall? The solution for you is modern square dancing.

Modern vs. Traditional

While you may know about square dancing, you may not know about *modern* square dancing. Modern square dancing is set to modern music. The caller's directions to the dancers happen at random during the music. If that sounds hard, it isn't! These easy-to-follow calls are repeated in each dance, so you soon learn to respond in a synchronized way with the other dancers.

The caller starts with a few key steps that set the foundation for the dance and all future moves. The four-beat rhythm is the same for all steps - only the words and music change. All new dancers are amazed at how fast they grasp the movements in the early stages, even with no previous dance experience. You will feel great about yourself when you accomplish the dance moves so quickly. Both couples and single people easily join in.



Dance To Your Health

By: George Newton
Modern Square Dancer

Experienced dancers are always available to get you up on the dance floor.

Healthy Activity

As you can see, modern square dancing certainly burns calories. Several reports confirm that dancing burns as many or more calories than walking, swimming or cycling! The best part is that square dancing is a low-impact activity, so it's accessible for nearly everyone. The workout comes from constant movement and quick directional changes, which help keep the body in shape. You get your heart rate up

and you build strength and balance. That important mind-body coordination becomes even sharper with every step!

Modern square dancing provides all ages an opportunity to have fun, forget their troubles, make new friends, get some exercise and feel good about mastering something new in the company of helpful, friendly people.

Ready To Join?

The dance season happens in two sessions: September to December and January to April. New dancers take the first full

season to learn the basic program (while dancing.) After completing the basic program, you can continue at the basic level or move to the mainstream level, which is followed by almost limitless higher levels. Dancers can seek out square dance clubs around the world and fit right in because clubs use the same English calls! This is great for snowbirds who find clubs to join in the winter.

There are four square dance clubs in the local area and all have free introductory lessons this fall! We hope to see you out!

ASK THE EXPERT:

Bay Waves (Constance Bay)

Phone: 613-832-7759

bay.waves@live.ca

Opeongo Squares (Barry's Bay)

Phone: 613-756-3344

newcombe.terry@gmail.com

Swinging Swallows (Pembroke)

Phone: 613-628-9777

info@getupanddance.ca

Mississippi Squares (Carleton Place)

Phone: 613-831-1675

www.mississippisquares.ca



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The Renfrew County National Farmers' Union cares about farmers. If you think we can help, let us put you in contact with someone who can help. We are an active farm organization working on behalf of farm families and consumers.

Feel free to email us for information
rcnfu330@gmail.com

ST. JOHN'S LUTHERAN CHURCH Chicken Pie Supper



September 16, 2017

Chicken pie, mashed potatoes,
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Adults - \$14

Students - \$10

Ages 5-12 - \$6

Under Age 5 - Free

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