

WEB SITES THAT DISCUSS THE HEALTH BENEFITS OF SQUARE DANCING

Don't Be a Square -- Dance!

Regardless of your age, square dancing is good for the body and the mind. ... www.webmd.com/fitness-exercise/features/dont-be-square-dance

Square Dance for Physical & Mental Exercise, Plus Sociability- Discusses the mental and physical benefits of Modern Western Square Dancing
www.wvsquaredance.org/health.html

Health Benefits Of Square Dancing - Video Results Square Dancing, A Hobby Like No Other By Kathy & Steve Linder. Reprinted from Club Leadership Journal
www.squaredance.on.ca/health.html

Health Benefits of dance... Waltz or doing do-si-dos to the commands of a square-dance caller ... to socializing with friends, dancing offers these health benefits: Calories - Dancing can ... www.learntodance.com

Free Fun Night

with the

Sun City SUNDANCERS

MONDAY, September 16, 2019

5:00 - 7:00 PM

in the Ballroom

#2 Texas Drive

Refreshments Served!

*LEARN To
Square Dance*

For Fun & Fitness!

LESSONS Begin ON

**MONDAY, September 23,
2019**

5:00 – 7:00 PM

in the Ballroom

www.sctxca.org/suncity/clubs-groups/sites/sundance/index.html

Sun City Sundancers

Square and Round Dance Club

Square



Dancing

Fun and

Fitness



**Sundancers
2013 Graduation Class**





Sun City Sundancers Square and Round Dance Club

Sun City Sundancers Square and Round Dance Club was organized in 1997 to promote square and round dancing. Our weekly dance is held every Monday night at 7:00 PM in the Sun City Social Center Ballroom at #2 Texas Drive.

Square Dancing Not What it Used To Be!

Took square dancing in 8th grade? Probably you'll enjoy square dancing much more today than you did during gym class. Don't want to wear those frilly outfits? Don't worry . . . the Sundancers dress code is "dancer's choice." That means you'll see dancers in everything from cargo shorts and T-shirts to prairie skirts, and some even wear the traditional petticoats and ruffles. Don't have a dance partner? Many of our members are solo dancers. We'll provide you with a partner! Don't think you'd like the music? You'll hear every kind of music from modern country to big band to classic rock to gospel at a square dance. In fact, square dancing has evolved over the years in response to changing attitudes and the need of dancers and clubs.

Can't Dance?

Can you walk and follow directions? That's all it takes. Unlike most forms of dancing, having a sense of rhythm is not a necessity. Having two left feet is also not a hindrance. Actually, square dancing is easier for many people than

other types of dancing. In addition, square dancing is good exercise for both the mind and the body. Learning and remembering the calls keeps the brain sharp, and a night of square dancing is the equivalent of walking three miles. Square dancing is a fun way to get mental and physical exercise. Individuals who enjoy a challenge can progress from being beginners to higher levels of skill, but there are many who are happy to learn the beginner calls and stay there.

The Sundancers Club offers basic and mainstream square dance lessons every fall. Come to our free "Fun Night" on Monday, September 15th at 5:00 PM, and get a taste of what it is like to learn to square dance. A series of beginning lessons starts on September 22nd at 5:00 PM, with the first two lessons being free.

Please feel free to contact any of our officers, as listed in the Sun Rays, for further information, or visit our website which can be accessed through the Sun City web portal at www.sctxca.org.



The Official State Folk Dance of Texas

Did you know that the square dance is the official state folk dance of Texas? It surely is, and what better way is there to feel like a Texan than to learn the state folk dance? But Texas is not the only place you can square

dance, once you've learned. Square dancing adds another dimension to your travels. Visitors are always welcome at a square dance, no matter where you are, and square dances are always called English no matter what country you might visit.



Our caller is Brad Caldwell. He has a wonderful singing voice and is a dynamic performer and an excellent teacher.

