

LAUGHING SQUARES

INDIANAPOLIS

IN

Since 1958



It's not just a name; it's an attitude!

Laughin' Tidbits

Monthly Club Newsletter

May 2017

Come, join us. See what the fun's about!

Our 59th Year

President's Square

KEEP ON DANCIN' Here's why:

An MD states "It's clear that square dancing is the perfect exercise. It combines all positive aspects of intense physical exercise with none of the negative elements." The good Dr. also said square dancing is a low impact activity requiring constant movement and quick directional changes that help keep the body in shape. The study was based on their physical examination which indicated that both female and male square dancers could expect to live well into their 80's. Square dance movements raise heart rates like many good aerobic exercises should. All the quick changes of direction loosen and tone up the muscles--but not so severely as to cause injury. The study shows that square dancing may add as much as ten years to your life. So we say again –

KEEP ON DANCIN'

Written by J.Hale for Presidents Bill & Lori Norman

Club of the Month Dance

Swingin' Singles – Friday May 5

Mother's Day Dance

PRs 7:30 - MS 8:00 to 10:00

N. Hartley Calling, J. Smith Cueing

Lawrence Community Center, 5301 N. Franklin Rd., Indianapolis IN .

Coming Events

May 6, 500 Mini-Marathon Dance

Be there before 6:30 AM

Corner of Georgetown and 16th streets

May 11, Laughing Squares Dance

6:00 L.S. Business Meeting

7:30 Pre-Rounds (Jan Smith)

8:00 Squares (Zelmer Daugherty)

May 25, Laughing Squares Dance

7:30 Pre-Rounds (Jan Smith)

8:00 Squares (Zelmer Daugherty)

Birthdays:

Doyle Schweigel May 6

Sheila Terhune May 7

Rosie Bishop May 12

Jim Eudaley May 12

Anniversaries:

None

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