



## Mavericks Square Dance Club Square Dealing News, September 9, 2018



### Big Dance This Saturday – Dinner Included



The Mavericks' BIG 55<sup>th</sup> Anniversary Dance is Saturday. Rounds from 7:00 – 8:00 and Squares from 8:00 – 10:00 with Charles Bridges cuing and calling. Square dance level will be alternating mainstream and plus.. Be sure to tell your friends who are dancing the mainstream level that this is a dance for them.

Entry fee is \$11 per person; three cash door prizes will be given away during the evening.

ALL dancers are invited to join us for a light meal from 6:00 – 7:00; no additional fee for the dinner. Mavericks members are asked to bring either a salad or a dessert, the club will provide the main course and drinks.

### Mavericks' Clothes Closet is Coming in One Week - Saturday Sept. 15 from 12 noon until 3:00



The best opportunity for bargains is only a week away. The Mavericks Square Dance Club is established as the premier source for the best deals in gently used, excellent condition, men's and woman's square dance clothing and accessories.

This is at the Veterans' Memorial Hall, 110 Park Dr. in Roseville.

For more information you can call Joy Howard, (916) 671-0633 or Bonnie Brewster, (916) 991-7990

### Extra Help is Needed with the Clothes Closet

Friday September 14, starting at 6:00, your help is needed in setting up the clothes closet racks and arranging the clothing. Dinner will be provided. If you can help, for any part of the night, please come. Many hands make for light work and a short night.

On Saturday, help is needed in keeping the stock moving and assisting customers. Also, clean up, beginning at 3:00, can use more help in putting things away and taking down the racks. Thank you for any help you can give to the Clothes Closet Crew. A successful Clothes Closet is what keeps the Mavericks' annual dues low.



### Third Wednesday Potluck is on the 19<sup>th</sup>

The ever popular 3<sup>rd</sup> Wednesday Potluck is the 19<sup>th</sup> this month. Bring your favorite potluck victuals to share.

## New Dancer Class to Begin October 8<sup>th</sup> – Tell Your Family and Friends

You have likely shared with your friends and family your enjoyment of square dancing. Now, it is their opportunity to learn what you know. Invite them to the new dancer class. The first class is free and includes ice cream. Tell them to come to the Veterans' Hall in Royer Park at 8:30. Jet will teach them all they need to know.



## Plus Dancer Refresher Class Coming October 22<sup>nd</sup>



Here is your opportunity to learn or better your knowledge of the PLUS level calls in a fun filled lively atmosphere. The class is designed to teach all the plus level calls including

any basic and mainstream that are necessary to make you the best dancer possible. Dancers are required to know the mainstream or above levels to attend this class.

Cost is \$6.00 per night, or save and pay \$60 for 12 weeks.

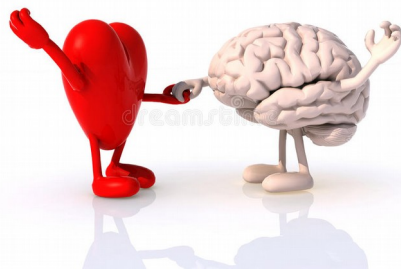
For additional information, email jet Roberts [jetr@comcast.net](mailto:jetr@comcast.net).

## Don't Forget Harvest Hoedown

 Bill Harrison Maryland	 Tom Miller Pennsylvania	 Joe Saltel Texas	 Anne Uebelaker Washington	 Randy and Marie Preskitt
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This is our own association's annual square dance festival. If you haven't already registered, you can register on line, from this website, <https://www.asdsc.org/harvest-hoedown-2018/>.

## Mark Chase, from Buttons and Bows, Provided the Following:



"The latest research shows that dancing has surprising anti-aging brain benefits. MRI brain scans from a 2017 study on dancing showed that age-related degeneration in brain structure improved dramatically when people (with an average age of 68) participated in a weekly course to learn choreographed dance routines. These findings were published in the journal "*Frontiers in Neuroscience*"."

Put another way: The study found that some cognitive activities influence mental acuity, but almost none of the physical activities had had any effect. The one exception was frequent dancing. Some findings of the studies were:

Reading – 35% reduced risk of dementia

Bicycling and swimming – 0% reduced risk of dementia

Doing crossword puzzles at least four days a week – 47% reduced risk of dementia

Playing golf – 0% reduced risk of dementia

**Dancing frequently – 76% reduced risk of dementia**



## **For All Events Happening, See the ASDSC Web Calendar**

<https://www.asdsc.org/events/>

## **Websites to Bookmark**

Be sure to bookmark and frequently check out additional activities on the Mavericks Square Dance Club, <http://www.mavericks-squaredance-club.org>, [www. Facebook.com/squaredancemavericks](http://www.facebook.com/squaredancemavericks) and ASDSC <http://www.asdsc.org/>.

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