



NEWSLETTER

Merrymakers Ballroom Dance Club

November 2017

Thursday Nights at Las Palmas Grand

2550 S. Ellsworth Rd Mesa, AZ

Nov 2017 - April 2018

Doors Open: 6:00 p.m. Recorded Music: TBD Weekly

Live Music: 7:00 to 9:30 p.m.

Website: www.dancemm.com

E-Mail: merrymakersdc2013@gmail.com

WELCOME

Thank you for your “seasonal” membership with Merrymakers Ballroom Dance Club, covering our dance season, November 2017 to April 2018. We welcome you and trust that you will have a grand time with your old and new friends.

The purpose of Merrymakers Ballroom Dance Club, Inc., a non-profit corporation, is to provide an environment where members and guests can enjoy ballroom dancing and socializing with new and old friends.

JANUARY EVENT

The “MMBDC” is asking for “volunteers” to step up to coordinate this “event”, in lieu of a “Glitter Ball”. Come help us! Your Board will help, but it is your event!!! Tickets can be on sale ASAP. The “event” must be planned by YOU!!! This year’s price will have to be established by the “volunteers”.

LPG RULES

Within the Clubhouse, the Ballroom and facilities are available for our use. Other rooms are for the LPG residents only. **On your first visit each calendar year, you must register your vehicle (~~make & license plate #~~) at the MMBDC membership desk and you will be given a vehicle pass that should be placed on driver’s side dash each time you come in.** Please observe no parking signs/rules, and the orange cones!!!

DANCE BREAKS

Written in our dance contracts is verbiage that allows one 20 minute break for our musicians. Announcements will be minimal.

DRESS ATTIRE

Dress to Impress! No jeans, shorts, non-collared shirts, or hats! MMBDC is a ballroom dance venue.

SEATING

Please avoid “saving” seats for more than a couple of friends who do not arrive with you. Be welcoming to ALL dancers! Guests arriving with “more than 6 in their party” may very well sit on the West Side of ballroom – be courteous, please!

LINE OF DANCE

Let’s all follow the flow of the dance! Counter-clockwise on the perimeter for Foxtrot, Waltz and Polka and the center for rhythms and swing.

SET-UP

Pitchers of water will be at the tables. Ice, cups and napkins should be picked up at the kitchen window.

CONSTITUTION AND BY-LAW CHANGES

Last season You had the opportunity to vote in changing the MMBDC’s Constitution and By-Laws. These ballots gave your Board of Directors the authorization to establish “Start/End” dates for the dance season, not only making it a “workable, but fiduciary responsible task” of your Board.

As a result, weekly dances will be held beginning 1st week of November and concluding the 2nd week of April.

CHARITY INFORMATION

In past years, our Club has contributed generously to the USO – Call Home program, especially at the November Veterans Day Dance. Buy your 50/50 tickets as you arrive. We thank all who generously return their “winnings” to this charity.

CLEAN-UP

This takes about 10 to 15 minutes!! Everyone helps by returning bowls and pitchers to the kitchen window when you leave your table. Put the trash in the receptacles in the ballroom.

PROMOTE DANCING

As many of you know, we are each aging and the number of dancers is decreasing. What can each of us do?

- Invite your friends and make new friends!
- Extend a hand in friendship to new visitors!
- Seek out our youth and find ways to draw them into the dance community!
- Be inclusive rather than exclusive!
- A name tag of your own is valuable!

What can YOU do?

What would you like MMBDC to do?

We have a suggestion box at the back of the ballroom, please use it for any comments or feedback. Remember suggestions must be signed.

Food For Thought

As shown to the right YOUR Board has vacancies.

This is a plea for immediate response to rectify this situation. Remember, any member, whether a year-long resident or a snowbird, is welcome to serve on the Board. There are no scheduled Board meetings during the off-season. Must be willing to work, could be before, during, or after the dance!

Member participation (including serving as a Board member), attendance and number of seasonal memberships will dictate the direction of this organization.

Check out our new Facebook page: **Merrymakers Ballroom Dance Venue**. Share your pictures and videos.

Also see **Lovin' Life After 50, November edition!** Clip the coupon shown in the "ad", it will save you \$1 off your admission to one dance!

BIRTHDAY/ANNIVERSARY CELEBRATIONS

Be inclusive of ALL, when celebrating a birthday or anniversary. Do not arrive with a "treat" for a limited few or table guests. Our "Cookie Lady" will be most pleased to help with the presentation at intermission.

HEALTH BENEFITS OF DANCING

ALLOW US TO:

- Stay flexible, reduce stiffness and joint pain
- Reduces stress
- Branch out socially
- Shed those extra pounds
- Be graceful as we age
- Diminish depression by lifting spirits
- Improves heart health, breathing and quality of life, as well as self esteem
- Lead to better balance and good posture by stabilizing and gaining better control of your body
- Increase energy level – being socially engaged leads to increased happiness, reduces stress and a stronger immune system
- Have fun. Besting a move can trigger release of feel good hormones like serotonin and endorphins
- Be free flowing as we adjust to the tempo
- Relieves social anxiety, while challenging your comfort zone
- Will strengthen muscle, tendons, ligaments and bones while increasing circulation and range of motion

BOARD MEMBERS

President – Vyda Bridwell

Vice President – TBD

Secretary –Marlene Eisner

Treasurer/Cashier – Judy Devine

Band Chairman – Wayne Barker

Kitchen/Cookies – Lois Mitchell

Clean-up – **EVERYONE!**

*Web-Master – Mary Volberding

*At Large Member - TBD

*At Large Member - TBD

*Assistant Cashier – Lois Delfs

*- None Voting Board Representative

“We shall never know all the good that a simple smile can do”- St. Teresa