



# NEWSLETTER

## Merrymakers Ballroom Dance Club

*November 2018*

**Thursday Nights at Las Palmas Grand**

**2550 S. Ellsworth Rd Mesa, AZ**

**Nov 2018 - April 2019**

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

**Live Music: 7:00 to 10:00 p.m.**

Website: [www.dancemm.com](http://www.dancemm.com)

E-Mail: [merrymakersdc2013@gmail.com](mailto:merrymakersdc2013@gmail.com)

### WELCOME

Thank you for your “seasonal” membership with Merrymakers Ballroom Dance Club, covering our dance season, November 2018 to April of 2019. 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.

### LPG RULES

All areas within the Clubhouse other than the Ballroom are “off limits” as these are for the LPG residents only. On your first visit to our dance, LPG Security will request you use the “Purple Pass” given to you last December or January. The “pass” should be placed on your dash each time you come in. Please observe no parking signs/rules, and the orange cones!!!

### VALENTINE’S DAY LAS PALMAS GRAND EVENT

This year’s dance will be “hosted” by the Las Palmas Grand community on February 14, 2019. Your 2018/2019 Membership and your Club Directors will be “giving back” to you, with the advanced \$7 purchase to enjoy the evening with the DK Orchestra. We will have available advance LPG Tickets for their regular price of \$10, for all Non-Members!!! All Tickets at the door will be \$10.

### DRESS ATTIRE

Dress to Impress! No jeans, western boots, shorts, T-Shirts or Sport 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 “old and new 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.

### DANCE BREAKS

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

### 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 can MM do?**

We will continue the Program of members to offer a guest pass to a new dancer, or individual(s) who has not attended a Merry-maker's dance in the past year. At the end of the dance season, a prize will be given to the MM Member who invited the greater number of dancers, and became "a member"!!.

## **Ballot for Change**

**to**

## **Constitution and By-Laws**

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 a "Start/End" dates for the dance season, not only making it a "workable, but fiduciary responsible task" of your Board.

As outlined in the initial document, weekly dances to be held beginning 2<sup>nd</sup> week of October and concluding the 2<sup>nd</sup> week of May.

It was the opinion of current Board Members, four are seasonal Residents, the financial impact will continue to erode the Club with the reduced attendance and/or seasonal memberships.

## **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 – Jan Thimmesch

\*Web-Master – Mary Volberding

Lois Mitchell

\*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***