



NEWSLETTER

Merrymakers Ballroom Dance Club

October 2014

Thursday Nights at Las Palmas Grand (2550 S. Ellsworth Rd Mesa, AZ) Oct-April

Doors open at 6:00 p.m. Recorded music-6:30 to 7:00 p.m.

Live Music: 7:00 – 10:00 p.m.

website: www.dancemm.com email: merrymakersdc2013@gmail.com

WELCOME

Thank you for your “seasonal” membership with Merrymakers Ballroom Dance Club, covering our dance season, October 2014 through April of 2015. 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.

GOLDEN ANNIVERSARY CELEBRATION

The “MMBDC” will be 50 years old this dance season. Come help us celebrate all season long! Bring your friends. We’ll have a “Gala” affair in conjunction with our annual Glitter Ball on January 15, 2015. Mark your calendars and phones NOW!

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 register you and give you a vehicle pass that should be placed on your dash each time you come in. Please observe no parking signs/rules or you will be asked to move your vehicle.

DRESS

Simply said – dress to please. No jeans, western boots, shorts, or hats! MMBDC is a ballroom dance venue.

SEATING

We will continue with marking tables for singles and couples. Please avoid “saving” seats for more than a couple of friends who do not arrive with you. Be welcoming to “old and new dancers!”

LINE OF DANCE

Please follow the flow of the dance – counter-clockwise on the perimeter for Foxtrot, Waltz and Polk 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. The communications will be minimal so that dancers can mingle and enjoy cookies.

CHARITY INFORMATION

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

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 our friends and make new friends!
- Extending a hand of friendship is priceless!
- 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!
- Doing things the way we have *always* done them is not bringing new dancers!

What can you do?

HEALTH BENEFITS OF DANCING

- Stay flexible, reduce stiffness and joint pain
- Reduces stress
- Helps us branch out socially
- Shed those extra pounds
- Boosts memory to prevent development of dementia
- Instills grace
- Helps you age gracefully
- Diminishes depression by lifting your spirits
- Helps your heart – improves heart health, breathing and quality of life
- Leads to better balance and good posture by stabilizing and gaining better control of your body
- Increases energy level – being socially engaged leads to increased happiness, reduces stress and a stronger immune system
- It's fun. Besting a move can trigger release of feel good hormones like serotonin and endorphins
- It is gentle on the body as it is free flowing as you adjust to the tempo

BOARD MEMBERS

President – Vyda Bridwell
Vice President – Patricia Eck
Secretary – Janelle Oliver
Treasurer/Cashier – Judy Devine
Web-Master – Mary Volberding
Kitchen/Cookie Lady – Lois Mitchell
Music – James Flaughner
Band Chairman – Wayne Barker
Clean-up – Teiko Everlith
Assistant Cashier – Lois Delfs
Assistant Kitchen – Jeanette & Paul Fisher