



# NEWSLETTER

## Merrymakers Ballroom Dance Club

October 2015

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

email: [merrymakersdc2013@gmail.com](mailto:merrymakersdc2013@gmail.com)

### WELCOME

Thank you for your “seasonal” membership with Merrymakers Ballroom Dance Club, covering our dance season, October 2015 through April of 2016. 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.

### GLITTER BALL

The “MMBDC” will continue the celebration of 50 years of existence this dance season. Come help us! Bring your friends. We’ll have another “Grand” affair with our annual Glitter Ball on January 14, 2016. Tickets will go on sale early! 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.

### DRESS

Simply said – dress to please. No jeans, western boots, shorts, or hats! MMBDC is a ballroom dance venue. It’s fun to get “dressed up” for an evening of dancing!

### 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!”

### 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 not be at the tables. Ice, cups, pitchers 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 announcements will be minimal.

### CHARITY INFORMATION

In past years, our Club has contributed generously to the USO – Call Home program, especially 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!! You will note a change to “helpers” in the kitchen, in that a Food Handlers License is required. Everyone helps by returning bowls and pitchers to the kitchen window when you leave your table. Thanks much!

## **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?**

## **HEALTH BENEFITS OF DANCING ALLOW US TO:**

- Stay flexible, reduce stiffness and joint pain
- Reduces stress
- Branch out socially
- Shed those extra pounds
- Boost memory to prevent development of dementia
- Be graceful
- Age gracefully
- Diminish depression by lifting spirits
- Improves heart health, breathing and quality of life
- 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

## **BOARD MEMBERS**

President – Vyda Bridwell  
Vice President – Patricia Eck  
Secretary – Janelle Oliver  
Treasurer/Cashier – Judy Devine  
\*Web-Master – Mary Volberding  
Kitchen– Lois Mitchell  
Band Chairman – Wayne Barker  
Clean-up – Teiko Everlith  
\*Assistant Cashier – Lois Delfs

\* Non Voting Board Representatives

***“We shall never know all the good  
that a simple smile can do” –  
Mother Teresa***