

Press Release to Billings Gazette

It's becoming more obvious that summer and all its outdoor activities have come to an end. We Montanans know that when we can't be active outside, we're active inside. Beginning October 24 you can learn a new healthy habit of active Thursday evenings that will help keep the cabin fever at bay all winter long. This date marks the signup for this year's beginner square dance program offered by the Checkerboard Squares dance club and the Yellowstone Square Dance Council.

With roots in the dance traditions introduced by early immigrants, square dancing is a decidedly American activity that has come full circle with enthusiasts all over the world. The instructions, or "calls," are always in English, so you can dance wherever there is a dance.

Dancing in the early days was an antidote to the social isolation brought on by distance and primitive transportation. Today we read of the problem of social isolation due to technology. So, while square dancing is mentally and physically beneficial, we can't overlook the social aspect. Square dancers are social! Square dancing is almost a game, so laughter prevails. Dancers bond over the shared learning experience. Friendships grow between generations and beyond the dance floor. Dancers are supportive of each other and eager to welcome new members into their dance family.

The dancing happens in Cedar Hall at MetraPark from 6:30 to 8:30 p.m. No special attire is required, just wear comfortable clothing and non-marking shoes. Ages 12 and up are welcome. Cost is \$7 per person.

*By Ann Hindley
YSDC Grapevine Editor*