

The Riderwood Reporter

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New Year's Resolution: Start to Square Dance at Riderwood

By Henry Heilbrunn
The Square Dance Club

The year is just starting: Embrace your New Year's resolutions.

Square dance on Wednesday mornings is your answer.

Did you resolve to exercise more, both mind and body? To get out of the apartment and socialize with more folks? Be adventuresome with new activities? Just plain have more fun?

Check, check, check. How many resolutions can you check off in an hour-plus a week? Square dance ticks these boxes.

We will teach you to square dance – our professional caller and dozens of your experienced neighbors.

Beginning Wednesday morning, January 17, at 10:15 a.m. in Studio 1 of the Wellness Center, you can learn to square dance (or refresh your mind). There's no risk to try; your first dance is free.

Come as a single. (If you have a partner or neighbor, persuade she or he to be adventuresome with you.) We have a partner for you. We dance in a square of 8 neighbors, typically for about 15 minutes, after which everyone rests, and then starts again. There is a place with your name on it. We end at 11:45 a.m.

Come as you are. There's no special attire, shoes, or knowledge; just wear your nametag so we greet you properly. It's okay, too, if you have two left feet; both will dance.



Come without (or with) knowledge of square dance. Kenny Farris, our professional caller, will teach you. Some calls will swoop out of long-term memory from school days. Online videos are available to watch at home. And if you do have experience, all the better!

Come for six consecutive weeks (if you can) to practice and learn the basics. Kenny has taught at Riderwood since 2009. After your first dance, there's a \$5 a week admission to dance, all of which goes to the caller.

Come! You'll be among other beginners and your experienced neighbors who will help as you weave your way into our square dance club. We dance nearly 50 Wednesdays of the year. If you miss this start, lessons start anew in April.

We have answers to your questions at sqrddancers@riderwoodlife.com.