

S U M M E R 2 0 1 8

# Goldancers

Nevada City Goldancers Established 1949

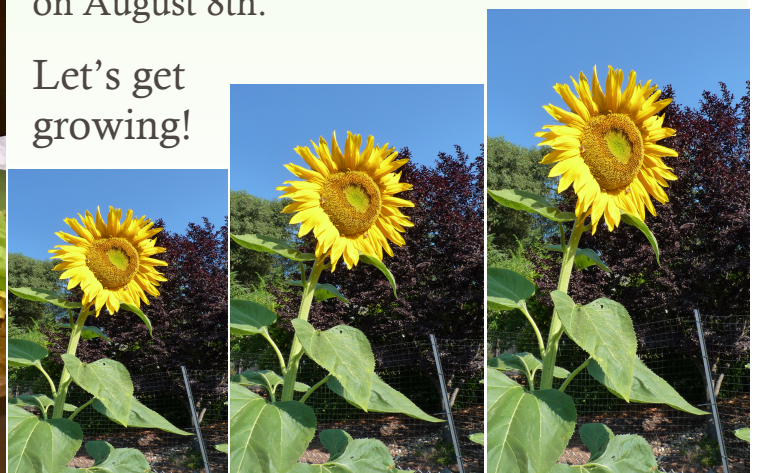
## Growing our Dance Family!

We can all be Ambassadors of Dance. When something is this fun, uplifting, good for us mentally and physically, why wouldn't we want to share it? Studies have shown most new dancers begin from recommendations from friends, relatives or others who enjoy dancing.

On the following pages are a number of sample flyers and coupons you may print out and post (with permission) or share with potential new dancers. Also, you may wish to copy and paste into an email to friends and acquaintances.

Are you a member of an organization, club, gym or church? Is there a business you frequent that might post our flyer? We will also have an opportunity to share our love of dancing at the Nevada County Fair on August 8th.

Let's get growing!



## Happy Birthday!

7/1 Colleen Chapman  
7/2 Judy Herrington  
7/26 Judi Wade  
7/28 Kathie Schubert  
7/30 Deanna Root  
8/1 Mike Hoffman

8/2 Linda Mulay  
8/18 Don Chacon  
8/22 Loretta Flaherty  
8/22 Kathryn Yonge



## Happy Anniversary!

7/2 Dorothy & Elmer  
8/6 Deanna & Ronnie

Caller: Tom Kaiser  
President: Mike Hoffman  
1<sup>st</sup> VP: Barbara Sindorf  
2<sup>nd</sup> VP: Rae Warren  
Treasurer: Janis Linfield  
Secretary: Judi Wade  
ASDSC Reps: Mary Carrell  
& Laura Violette  
Sunshine: Cheryl Lund  
& Linda Mulay  
Publicity: Barbara Sindorf  
Editor: Colleen Chapman  
[cdchapman@att.net](mailto:cdchapman@att.net)

## Take a Look:

Goldancers.com

<http://facebook.com/Goldancers>

WheresTheDance.com

VideoSquareDanceLessons.com

[www.facebook.com/SquareDanceUSA](http://www.facebook.com/SquareDanceUSA)

Taminations at TamTwirlers.org

You2candance.com

SquareDanceFun.com

ASDSC.org

USDA.org

CallerLab.org

Arts-Dance.org

SquareDance.org

Cedar.net

DoSaDo.com



HAPPY 70TH YEAR!  
GOLDANCCERS



# DANCING MAKES YOU SMARTER

A 21-year study of people 75 and older, was published in the New England Journal of Medicine by the Albert Einstein College of Medicine and funded by the National Institute on Aging in 2003.

They observed in terms of % of reduced risk of dementia:

- 0% in bicycling, swimming or playing golf
- 35% in reading
- 47% in doing crossword puzzles at least four days per week
- 76% in dancing frequently

Dancing produced the greatest risk reduction of any activity studied, cognitive or physical. This seems to be the result of the neuroplasticity of the cerebral cortex and hippocampus, which are critical to these activities, and which rewire themselves based upon their use.

( [socialdance.stanford.edu/syllabi/smarter.htm](http://socialdance.stanford.edu/syllabi/smarter.htm) )

Dancing:

- Reduces stress and depression
- Improves flexibility, strength and balance
- Strengthens bones and improves cardiovascular health
- Improves muscle tone and lung capacity
- Increases energy and endurance
- Increases mental capacity by exercising cognitive processes
- Learning something new creates new neural paths in the brain.



## GOLDANCERS

JULY/AUGUST 2018

When	Who/What	Where
7/16 6:30-9:00pm	Whirl-A-Ways A2 Dance Party 6:30 -7:00 Pre-Rounds w/Charlie & Joni Eskin 7:00 -9:30 Full A2 w/ Mike Sikorsky	Veteran's Memorial Hall 110 Park Dr., Roseville
7/20 7:00-10:00pm	Mavericks Root Beer Float & 50's Dance 7:00-10:00 w/caller - Lawrence Johnstone and cuer - Kevin Klein	Veteran's Memorial Hall 110 Park Dr., Roseville
7/26 7:30-10:00	Whirl-A-Ways Full A1/A2 Dance Featuring Rick Gittleman, Dan & Allison Drumheller	Veteran's Memorial Hall 110 Park Dr., Roseville
7/28 3:30-7:30pm	Main Street Strollers Smorgasbord of Dance 3:30-5:30 Mainstream, 5:30-7:30 Plus w/ Charles Bridges	IOOF Hall 467 Main St. upstairs Placerville, CA
8/3 7:00-10:30pm	Overalls 39 <sup>th</sup> Anniversary Square Dance 7:00-8:00 Pre-rounds w/Kevin Klein 8:00-10:30 Mainstream & Plus w/Scott Pearce	Veteran's Memorial Hall 110 Park Dr., Roseville
8/23 7:30-10:00pm	Whirl-A-Ways Plus & A1 Dance Featuring Scott Byars, Vic & Shauna Kaaria	Veteran's Memorial Hall 110 Park Dr., Roseville
8/30-9/1	Americana Festival Square Dance & Music Scott & Erin Byars, Lawrence Johnstone	Plumas County Fairgrounds Quincy, CA
8/30-9/1	Mid-Cal Classic Plus, Round, A2, workshops Bob Baier, Jet Roberts, Kip Garvey, the Parkers	Merced County Fairgrounds F & 4 <sup>th</sup> Streets, Los Banos
8/31 6:30-10:00pm	ASDSC 5 <sup>th</sup> Saturday Dance 6:30-7:00 Pre-rounds w/Kevin Klein 7:00-10:00 Full Plus w/Scott Pearce	Veteran's Memorial Hall 110 Park Dr., Roseville
9/2 6:00-9:00	Galt Diamond Dancers Labor Day Dinner Dance 6:00-7:00 Dinner, 7:00-9:00 Mainstream/Plus Scott & Erin Byars	Valley Oaks Grange 347 5th St., Galt, CA
	For more details go to ASDSC.org	

Goldancers meet every Thursday at 6:00pm, except on the first Thursday of each month we start at 6:30pm. Square dance attire is always welcome, but not required. See how many steps you can accomplish in one evening of square dancing while having fun at the same time!

Why walk when you can dance!