DANCE BULLETIN

USA DANCER

Where The Beat and Friendly People Meet

www.usadancememphis.com

Just A Few Words…

Denim & Diamonds

Our August dance sparkled in many ways! Thank you to all who attended and played a part in making the night a brilliant success.

We are grateful to The Dance Studio, Tupelo MS and Tupelo Ballroom Dance Club (TBDC) for making their way to Memphis to entertain us. It is always a pleasure to watch instructors Andrew and Sara Davis show off their students Stephanie Allen and Clint Bainbridge.

Not a member of our USA Dance Chapter? We would love to have you as part our chapter family and USA Dance. Just ask a Board member about member benefits and how to join.

Save the date, we will "Razzle Dazzle" on September 13th, 2025

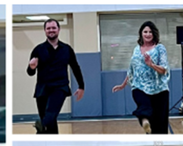
ENTERTAINMENT & NOTES

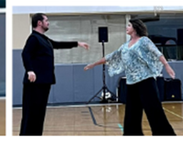
The Dance Studio
&
Tupelo Ballroom Dance Club (TBDC)

Sara Wood Davis (Pro) & Clint Bainbridge
"Tango" to *Bad Company*

Andrew Davis (Pro) & Stephanie Allen
"Quickstep" to *Kryptonite*

Thank you for sharing your talent & love of dance with us!





DANCE PHOTOS

Happy 90 Years Young!

Celebrating our inspirational

Sylvia Harris Rose

JOIN US ON THE DANCE FLOOR

Bring a Friend, No Partner Necessary!

~ A Fountain of Youth~

Does Dancing Slow Aging?

Recent studies indicate that dancing is a form of physical activity that may slow down the aging process. One study of healthy older adults linked dance activity with positive changes in the hippocampus (a brain region associated with aging), similar to that of endurance training. However, dancing also led to improved balance, while endurance training did not.

Participants in the 18-month study either attended weekly dance classes or did endurance/flexibility training, which included cycling or Nordic walking. While the endurance group did the same exercises repeatedly, the dancers were tasked with new routines each week from Waltz to Tango, to Line and Swing dancing. The extra challenge of learning and remembering dance routines may have made the difference. And as another study pointed out, dancing can get you out of the house. Another BIG plus is that attending dances introduces one to the nicest people.

USA Dance Membership

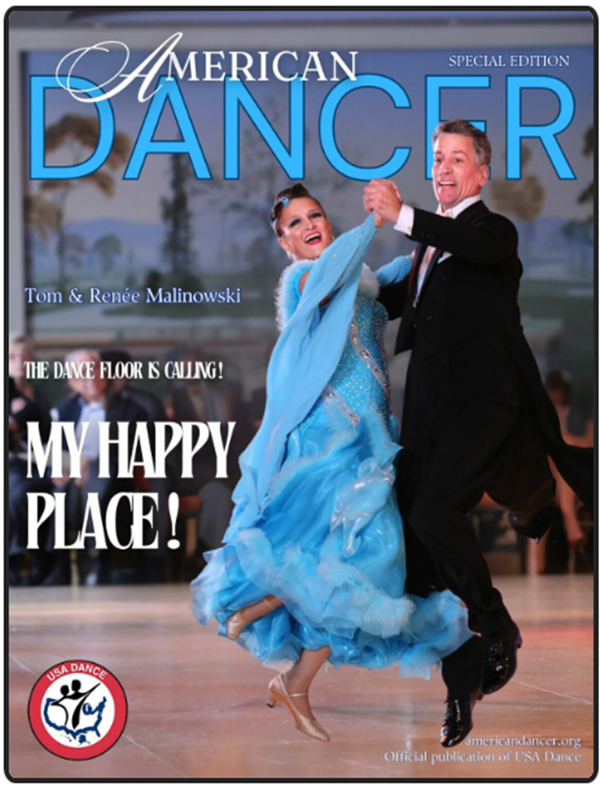
Dancers are generally the nicest and friendliest people you will meet. Attending USA Dance events is one of the best places to meet them. USA Dance has over 100 chapters nationwide and members receive discounts on ballroom chapter events around the country and more benefits!

You may join or renew your membership at any of our dances or online at: **www.usadance.org**. If you have any difficulties with the online system, please contact Barbara Cook, Membership Chairman:

Phone: (901) 292-7782 Email: barbaramimi2@gmail.com.

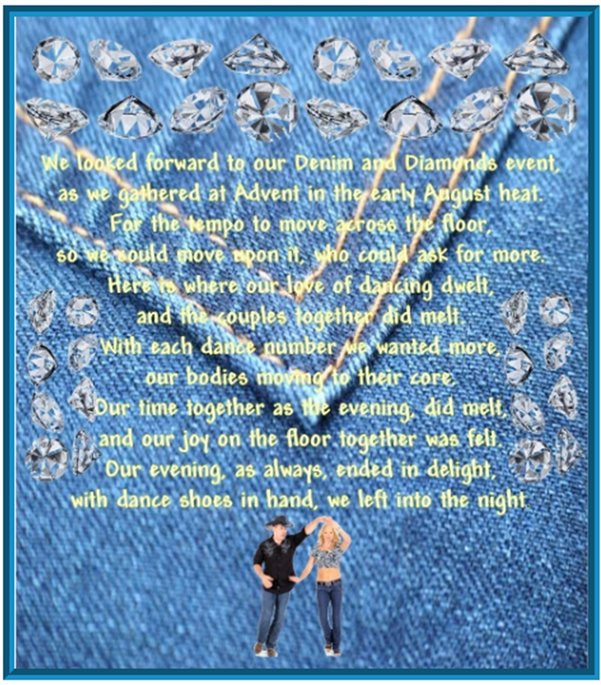
We look forward,
to sharing a dance floor with you soon!

Feed Your "Love Of Dance" with the latest edition of USA Dance's American Dancer Magazine.
Go to: http://www.americandancer.org



"Final Thoughts"

From our Past - President & Poet Laureate
Robert White



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