## **Interested in Fun, Physical Activities?**

Come and dance with us! Fun for families!

You will be dancing the first night!

It's a great social time!



## **Social Square Dance**

It's Friendship, Fun & Fitness in one inexpensive activity! The only requirement is that you can walk at an even pace for periods of 15/20 minutes. The teacher tells you the moves, so all you have to do is have fun!

Wear comfortable shoes and clothes, and come with a smile.

We play a variety of music: Soft rock, modern country, movie sound tracks, popular music.... and more. Something for everyone.

Couples, Singles, & Families (Children 12 and over, please) are welcome. It's a great family activity. Ready to have FUN and meet new people? Come on over and give it a try.

The first lessons is **FREE** to try... We will meet on Tuesdays beginning September 20<sup>th</sup>, 7 to 8:45 PM at the IOOF Hall, 738 5<sup>th</sup> Ave SE, Albany, OR – upstairs.

## **TIMBER TWIRLERS SQUARE DANCE CLUB**

For more information call Sandy 541-974-4978