



# Florence Shag Club

## August Newsletter

### 2020



Hello FSC members,

It's so good to be dancing at the Circle Fountain again. The crowd has been light but that's alright too.

Our business meeting had a great turn out and it was a very good meeting. You will receive a draft of the minutes via email or US mail. Be sure to read it over, especially if you weren't there, to see what was discussed and decided on by our members.

At our next meeting we will elect officers and one director for the new 2021 year. Anyone interested in being an officer or director please let Gerry Hayes or Sheila McKenzie know.

We have decided to cancel CMO and just have a regular Friday night dance night on August 7<sup>th</sup>. DJ will be John Smith for the evening. No food will be provided so get there early for a burger or hot dog. Don't forget that cold beverage at the bar. Please don't bring your own drinks from home that's a surefire way to be asked to leave.

Remember reup months are October and November for existing members to get a discount and pay \$30 each. If you can't come please drop your check in the mail early.

Please keep all our members in your prayers,

Reggie Moody's Mother has passed away.  
Past longtime member Sara Walker passed away.  
Keep Margie Morris in your prayers she has not been feeling well due to diabetes.

Thanks to all for your support of the FSC and we hope to see you soon.

Hilda, FSC 2020 President

### 2020 Officers

Hilda Bowen-President  
Email-[hbowen@sc.rr.com](mailto:hbowen@sc.rr.com)

Bayne Hayes-Vice President  
Email-[bhayes68@sc.rr.com](mailto:bhayes68@sc.rr.com)

Teresa McDonald-Secretary  
Email-[psshareys@gmail.com](mailto:psshareys@gmail.com)

Margaret Cline-Treasurer  
Email-[mccline20@hotmail.com](mailto:mccline20@hotmail.com)

### Directors 2020

Jerry O'Neal - 2<sup>nd</sup> term ends  
12/31/20

Dennis Osborne - 1<sup>st</sup> term ends  
12/31/21

Becky Berry - 1<sup>st</sup> term ends  
12/31/22  
[florenceshagclub@aol.com](mailto:florenceshagclub@aol.com)

[www.florenceshagclub.com](http://www.florenceshagclub.com)  
**Address: Florence Shag Club**  
**PO Box 5538**  
**Florence, SC 29502**

### \*Our Purpose\*

The purpose of the Florence Shag Club shall be to preserve, encourage and promote the education and perpetuation of the Shag, to provide social activities at which emphasis is placed on the dance, and to inform its members of beach music and Shag dancing activities.  
May Florence Shag Club forever be a part of our lives as we keep on Shagging!



YOU DON'T  
find  
THE  
HAPPY LIFE  
you make it.

“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”

**Buddha**

“Happiness is the art of never holding in your mind the memory of any unpleasant thing that has passed.”

**Unknown**

“If you want happiness for an hour — take a nap.’

If you want happiness for a day — go fishing.

If you want happiness for a year — inherit a fortune.

If you want happiness for a lifetime — help someone else.”

**Chinese Proverb**

“The moments of happiness we enjoy take us by surprise. It is not that we seize them, but that they seize us.”

**Ashley Montagu**

“Don't rely on someone else for your happiness and self-worth. Only you can be responsible for that. If you can't love and respect yourself — no one else will be able to make that happen. Accept who you are — completely; the good and the bad — and make changes as YOU see fit — not because you think someone else wants you to be different.”

**Stacey Charter**

### 2020 Tentative Dates to Remember

September 17 – 26th: Fall Migration SOS NMB. No DJ at the Circle on the 18th & 25th.

October 30- Re-up/Halloween Party at the Circle Fountain.

November- Golf Tournament TBA

December 11- Christmas Party at Circle Fountain, DJ Roger Holcomb.

### HOW CAN DANCE HELP YOU?

**Boost Your Memory:** Dance not only instills grace, but it also helps you age gracefully. According to a study in *The New England Journal of Medicine*, dancing may boost your **memory** and prevent you from developing dementia as you get older. Science reveals that aerobic exercise can reverse volume loss in the hippocampus, the part of the brain that controls memory. The hippocampus naturally shrinks during late adulthood, which often leads to impaired memory and sometimes dementia.

**Reduce Stress:** If you're feeling tense or stressed out, you might want to grab a partner, turn up the music, and tango! In a controlled study in the *Journal of Applied Gerontology*, researchers found that partner dance and musical accompaniment can help bring about **stress relief**.

**Help Your Heart:** Dance is a great activity for those at risk for **cardiovascular disease**. People with heart failure who took up waltzing improved their heart health, breathing, and quality of life significantly compared to those who biked or walked on a treadmill for exercise, noted an Italian study.

**Balance Better:** If you are nervous about falling as you get older, some dance lessons might help ease your worries, according to a study in the *Journal of Aging and Physical Activity* that showed tango dancing can improve balance in aging adults. Dancing requires a lot of fast movement and **good posture**, so frequent dancing will help you stabilize and gain better control of your body.

**Increase Energy:** Can't seem to find your get-up-and-go? Taking a dance class might help. Research published in *The Scholarly Publishing and Academic Resources Coalition* found that a weekly dance program could improve physical performance and **increase energy levels** among adults.

# August 2020 DJ's and Birthdays



SUN	MON	TUE	WED	THU	FRI	SAT
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2 Bday – Margie Morris	3	4	5	6	7 DJ – John Smith Bday – Danny Church	8 Bday – Jimmy Haynes, Julie Powers
9 Bday – Lori Gibson, Carole Hall	10 Bday – Skeeter Hinson	11	12 Bday – Rachel Yates	13 Bday – Sherill Fussell	14 DJ – Dennis Osborne Bday – Frances Hickox	15 Bday – Dan Coggin
16	17 Bday – Sharon Henderson, Nancy Rogers, Pat Truluck	18	19 Bday - Karen Mathewes, Linda Price	20	21 DJ – Skip Mallious	22
23 Bday - Mary Herndon, Angie Meier, Bobby Welch	24	25 Bday – Patricia Bethea	26 Bday – Gerry Hayes	27	28 DJ – Buck Crumpton	29 Bday – Judy Collins
30 Bday – Ruby Hayes	31 Bday – Larry Barefoot					