



# Florence Shag Club February Newsletter 2021



**Hello Florence Shag Club members and friends... Happy Valentine's Day!**

**Our first party of the New Year is "The Valentine Party" Friday night, February 12<sup>th</sup> at the famous Circle Fountain with John Smith as our DJ. Attached is the Valentine Party flyer to this Newsletter so be sure to take a look so you will know what's going on. An email has been sent regarding the food list, and will be updated weekly up until the party.**

**The next party will be "St. Patrick's Day" party scheduled for March 12<sup>th</sup> with John Smith as our DJ. We are selling tickets now for our annual "Pot of Gold" fundraiser at \$5.00 each. The basket will include (5) five different liquors, plus (5) five \$30.00 gift certificates to shop and dine. For those that don't drink, please keep in mind that we can always auction off the Liquor and you get the money instead, while supporting our club. The basket will be on the back table every Friday night. Tickets will be on sale up until the drawing or the tickets sell out. We encourage your help in selling these tickets to support our club.**

**Please note that we have added a "Tip" jar for our DJ's to help with their expenses. They supply us with great music and they are the backbone of our club.**

**Thanks to all our members for your continued support!**

**See you on the dance floor...**

**Ron Isgett, President**



## **2021 Officers**

Ron Isgett-President  
Email- [risgettsr@gmail.com](mailto:risgettsr@gmail.com)

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

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

Margaret Cline-Treasurer  
Email-[mcline20@hotmail.com](mailto:mcline20@hotmail.com)

## **Directors 2021**

Bayne Hayes – 1<sup>st</sup> term ends  
12/31/23

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

Becky Berry – 1<sup>st</sup> term ends  
12/31/22

[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!



### 2021 Tentative Dates to Remember.

February 12 – The Valentine Party with DJ John Smith, food, dancing and lots of fun

March 12 – St. Patrick's Day Party with DJ John Smith, Pot of Gold Drawing

With Valentine's Day just around the corner, it's time to start thinking about what messages of love you'll write to your sweetheart this year. Whether it's a simple gift, thoughtful card, or love letter, Bible verses are the perfect addition. After all, the narrative of the bible is the best love story ever told. Here is a list of **Valentine's Day Bible verses** that are sure to make your loved one feel special on February 14th.

**I John 1:14** We love Him because He first loved us.

**Genesis 29:20** So Jacob served seven years for Rachel, and they seemed to him but a few days because of the love he had for her.

**Colossians 3:14** And above all these put on love, which binds everything together in perfect harmony.

**Proverbs 30:18,19** There are three things that amaze me— no, four things that I don't understand: how an eagle glides through the sky, how a snake slithers on a rock, how a ship navigates the ocean, how a man loves a woman.



**February is American Heart Month.** Heart disease is the number one killer in the U.S. It is important for us to take a serious look at what we can do to lower our risk for heart disease this month and throughout the year.

- **Be Active.** Physical activity is one of the best ways to fight off heart disease and other chronic conditions. Any amount of activity is better than nothing; however at least 30 minutes a day is ideal.
- **Maintain a Healthy Diet.** Include a variety of fruits and vegetables, whole grains, low-fat dairy products and lean protein sources (poultry without skin, seafood, processed soy products, nuts, seeds, beans, peas). Avoid foods and beverages that are high in fat, sugar and sodium. Eating foods low in saturated fat and cholesterol and high in fiber can help prevent high cholesterol.
- **Aim for a Healthy Weight.** Carrying extra weight especially in your mid-section is hard on the heart and can increase risk for diabetes. If you are overweight, losing just 5% to 10% of your starting weight can make a big difference in your blood pressure and blood sugar.
- **Avoid Commercial Tobacco.** Smoking increases your risk for heart disease, heart attack and other heart related complications. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Talk to your provider about smoking cessation options that best fit you.
- **Limit Alcohol Use.** If you choose to drink alcohol, limit your intake - one to two drinks a day for men and no more than one a day for women.
- **Know Your Numbers.** Check cholesterol and triglyceride levels regularly. Monitor blood pressure and get tested for diabetes. Staying informed will allow you to better manage your health.

# February Birthdays and DJs



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Bday – Jean Martin, James Parker, Jimmy Rhodes	3 Bday – Ruth Wilson	4 Bday – Palmer O’Neal	5 DJ – Dennis Osborne Bday – Jo Ann Lett	6
7	8 Bday – Dick Brown	9	10	11	12 DJ – John Smith	13 Bday – Scott Campbell, Grady Gibson
14 Valentine’s Day	15 Bday – Barbara Denham, Barbara Williams	16 Bday – Rubin Anderson	17 Bday – Buck Rogers	18 Bday – Howell Myers, Billy Price	19 DJ – Billy Cook	20
21 Bday – Sally King	22	23	24	25	26 DJ – Dan Spivey	27 Bday – Gill Rogers
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*Florence Shag Club's  
Valentine's Party is February 12, 2021  
At the Circle Fountain, Florence, SC*

*Party starts at 7:30 with  
DJ John Smith.*

*\*Door Prizes\**

*Food provided by the club  
and volunteers.*

*Menu: Ham, Chicken Salad with rolls.*

*Deviled Eggs, Potatoe Salad,*

*Mixed Friut Salad, Valentine treats  
and Desserts*

