



Florence Shag Club March Newsletter 2021



Hello to all our Florence Shag Club members and friends...

We had a wonderful Valentine's Party with great attendance. I would like to thank all our members and guest for coming to our Valentine's Party. It was a huge success and lots of fun! A special thanks to all that helped with the great food and party decorations. As always, everything was great!

Our next party will be the St. Paddy's Party scheduled for March 12th with John Smith as our DJ. We are selling tickets for a chance to win a "Pot of Gold" basket filled with (5) large liquors plus (5) \$30 gift certificates to shop and dine. You do not have to be present to win. You will be contacted should your name be drawn. Tickets are \$5.00 each and are on sale Friday nights at the Circle Fountain up until the drawing.

As most of you know Spring Safari dates have been changed. The SOS board has set aside June 19th through June 26th as a target date for SOS. We will update you as we know more!

Please continue to remember our members and families with health issues and are unable to attend our shag club. Your thoughts and prayers are appreciated.

See you on the dance floor...

Ron Isgett, 2021 President

One of my favorite sayings to share with everyone...

"Laughter" is the "Hand of God" on the shoulder of a troubled world! (Author Unknown)



2021 Officers

Ron Isgett-President
Email- risgettsr@gmail.com

Hilda Bowen-Vice-President
Email-hbowen@sc.rr.com

Teresa McDonald-Secretary
Email-pssharleys@gmail.com

Margaret Cline-Treasurer
Email-mcline20@hotmail.com

Directors 2021

Bayne Hayes – 1st term ends
12/31/23

Dennis Osborne –1st term ends
12/31/21

Becky Berry – 1st term ends
12/31/22

www.florenceshagclub.com

**Address: Florence Shag Club
PO Box 5538
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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.

March 12 – St. Patrick’s Day Party with DJ John Smith, Pot of Gold Drawing
June 19th – 26th – Tentative date for postponed Spring Safari



When Will Easter Be?

This year, Easter will be observed on **Sunday, April 4.** (Eastern Orthodox Easter will take place on Sunday, May 2.) This Easter is just one week after **March’s full Moon** (Sunday, March 28), which is the first full Moon to occur after the **spring equinox** (March 20, 2021) and is therefore known in the Christian calendar as the **“Paschal Full Moon.”**

What Is the Most Common Easter Date?

Easter is a “movable feast” and does not have a fixed date. However, it is always held on a Sunday between March 22 and April 25.

Over a 500-year period (from 1600 to 2099 AD), it just so happens that Easter will have most often been celebrated on either March 31 or April 16.

How to Cope with Daylight-Savings Time

Here are a few tips for doing that:

Start getting to bed earlier. You can ease your body into the time change by starting your nighttime routine 15 minutes earlier in the days leading up to the start of daylight-saving time. This can be especially helpful for small children, who often feel the effects of the time change more than adults. Then, turn your clocks forward Saturday morning instead of Sunday morning. Allowing two days, rather than a single day before the start of the week can ease the biological transition to the new time.

Be consistent. Wake up at the same time each morning to keep your sleep cycle more regular. This means even on weekends! Although sleeping in can help you feel more rested in the short-term, it causes difficulties falling asleep and waking up during the week. In fact, getting out of bed at the same time every morning is the single best way to improve sleep and wake functioning. Getting up at the same time is far more important than going to bed at the same time. On the first Sunday of daylight-saving time, get up at your regular time whether you had a good night's sleep or not.

Enjoy the longer evenings. One great perk about spring and daylight-saving time is that there is more sunlight in the evenings. Enjoy the natural lighting outside or indoors with your curtains open. Sunlight helps naturally reset your body clock. Letting natural light come into your bedroom in the morning also aids in greater alertness upon awakening.

Exercise. Being physically active is good for your health and it can help you sleep better, too. Go for a walk or run outdoors during daylight where you are exposed to natural sunlight. But try to avoid working out too close to your bedtime. It’s best if you can allow at least two hours to “cool down” from exercise before going to bed.

Reduce screen time. Television, tablets and phones may help you unwind for the evening, but they can stimulate your brain and actually make it harder to fall asleep. Try avoiding hand-held screens and computer displays at least two hours before bed, and avoid television at least an hour before bedtime.

March Birthdays and DJs



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Bday – Kathy Jamison	2 Bday – Teresa McDoald	3	4 Bday – James Ward	5 DJ – Jimmy Buffkin Bday – Jeanette Barefoot	6
7	8 Bday – Janice Welch	9 Bday – Ronnie Hardee	10 Bday – Cathy Martin	11	12 DJ – John Smith St. Patrick’s Day Party	13
14	15	16	17	18	19 DJ- Dennis Bumble	20
21	22	23	24	25 Bday – Rusty Duncan	26 DJ – Skip Mallios	27
28 Bday – Carolyn Hill, Greg Rogers	29 Bday – Reggie Moody	30	31			