



**STARTS
JANUARY 25**

**To sign up,
contact:**

THURSDAY NIGHTS

7 ~ 8:30PM
12-week class

JANUARY 25 \$6
FIRST NIGHT PER PERSON

Do you have New Year's resolutions?
**Learning To Square
Dance Can Help!!**

**[No Experience
Necessary!]**

◆ **Get More Physical Exercise**

You'll often cover around 5000 steps in an evening.

◆ **Get More Mental Exercise**

Following the caller's directions keeps your brain sharp.

◆ **Meet New People and Have More Fun!**

Square dancers are some of the best people you'll ever meet.

Square dancing has long been called "Friendship Set To Music."

Lawrence Johnstone

707-462-0239

loj@loj.name

**Bartlett Hall
at the
Ukiah Senior Center**

495 Leslie St., Ukiah



www.ukiahpromenaders.com



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