

Oh the Possibilities . . .

Fitness!
Friendship!
Energy!

In the December issue of Prevention Magazine, on page 23 in the "Mailbag" section was a letter by a lady who turned 40 and was starting to get fit. She also wanted to know what she could do to keep herself motivated into her 50's and beyond.

The response was: "Have fun! You'll stay more active over a lifetime if you like what you are doing. You can walk in the woods, plant a garden, cycle, or swim," says James M Rippe, MD. "Or try dancing: Line Dancing, Round Dancing, or Western Square Dancing can really keep you moving."

Another tip: "Find company. Studies show that if you exercise with a friend, you're more likely to stick with it." Says Jack Raglin PhD.

**LESSONS STARTING
SOON**

**No matter your age, you'll be
glad you decided to take up
square dancing!**

For more information please contact our representatives (listed below) or the CONTACT LIST inside:

Akron Area Square & Round Dance
Federation
Irene Dommin 330-854-4686

Greater Cleveland Federation of Dance
Clubs, Inc
Bob Calkins 440-255-5361

Central Ohio Corporation of Dance
Clubs
Shirley Monnett 614-901-3994

Southwestern Ohio Square Dance
Federation, Inc
Gordon King 515-860-4746

East Central Ohio/West Virginia
Federation
Ben Gundrum 740-282-6845

Toledo –
Jim Christiansen 419-691-3137

Miami Valley Dance Council
Hotline 937-294-5511

Midwestern Ohio Council Square &
Round Dance Clubs
David Edwards 419-224-4910

Buckeye Round Dance Council
Al Wolff 330-225-2553

OHIO SQUARE AND ROUND DANCE CLUBS CONTACT LIST

<http://www.squaredancing.com/ohio/>

**NOT A DANCER BUT WANT TO
BE?**

See contact list pages 2 & 3.

**Lose Weight,
Become more Physically Fit,
And Reduce Stress
While having the time of your Life!**

**Square Up
And
Trim Down**

*Western Square Dancing will add
ten years to your life, a surprising
new study shows. Look inside for . . .*

The rest of the story

LESSONS STARTING SOON

May 2008

**THE OHIO CORPORATION
OF DANCE CLUBS INC.
CONTACT LIST**

<http://www.squaredancing.com/ohio/>

Akron

Merri-Lu Rounds 330-854-4686
Track II Singles 330-923-8174
Summit-Up Cloggers 330-920-1218

Archbold

Turkey Foot Trotters 419-335-8748
419-682-4190
419-598-8485

Austinburg

Jefferson Squares 440-998-7895

Bedford

Friday Nite Mixers-ADV 440-255-5361

Bellaire

Ohio Valley Promenaders 740-633-0833

Bellefontaine

Hi Point See-Saws 937-362-4122
937-593-1534

Berea

Solo Squares 216-398-5523
North Coast Squares 440-775-1336
Rainbow Connection-RDS 216-470-0544

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Muskingum Valley Twirlers 740-896-2168

Brecksville (Cleveland)

Brecksville Squares 440-526-0326

Brewster

Red Lantern Flames 330-453-9432
330-454-8778

Brookfield

Cloverleaf Squares 330-534-5491

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Curli-Q's-S/R 937-890-2446
937-743-8118

Buckeye Lake

Bunkhouse Reelers 740-366-1261
Calico Pairs-RDS 740-366-4974
Harmony-DBD 740-587-2332

Motivators-ADV 740-587-2332

Burton

4-H Cloverleaf Squares 440-685-4836

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Hicks & Chicks 419-947-6081

Canton

Swing-A-Lings 330-492-7559
330-455-8142

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Dancing Stars-RDS 419-692-1726

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Butler Squares 812-637-5601
Buttons & Bows-RDS 513-851-4972
Cincy-A2 513-742-3691
Continentials-RDS 513-574-6151
Diamond Squares 513-521-5171
Henry Ford Squares 513-923-4029
Ramblin Roses 513-874-6374
River Squares 513-542-8639
Royal Rounds 513-851-4972
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Unicorners 513-860-0278
Venus & Mars 812-656-8156
Village Squares 513-671-7219
Round Dancing w/D&C 513-522-3969

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Cleve Cty/Cntry Dncrs 216-251-1053

Columbus

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Dudes & Dolls 614-267-9820
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Fun Bunch -DBD 614-876-6665
Partyline Extension-Contra 614-861-2088
Rhythm Reelers 614-263-2193
Road Runners-A2 614-882-6743
Step'n Stone-C-1,C-2 614-882-6743

Cuyahoga Falls

Wa-Hoo's 330-928-3211

Dayton

Cardinal Squares 937-236-9960

City Folk- Contra 937-223-3655
Ext-3004

Cloverleaf Squares 937-653-4537

Dayton Contra Dnc Clb 937-294-1647

Flying Ghillies - Irish 937-429-4431

Gem City Squares 937-233-7180

Grand Squares 937-836-3847

Kittyhawk Squares 937-903-4130

Miami Valley Folk Dncrs 937-252-0638

Miami Valley Round 937-432-0283

National Carousel(5-6)-RDS 937-432-0283

Rounds By Jobe (4-6) 937-399-2379

Stardust Ballroom Dncrs 937-296-0012

Tuesday AFT-Plus 937-433-3653

Whirlaways-A1-2 937-435-9352

Delaware

Little Brown Jug's 740-965-5375

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NuHall Dance 330-339-7700

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Buckeye Squares 419-836-7227

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Orbiting Squares 614-837-6974

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Satellites Rounds 740-366-4974

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Shawnee Square 440-466-6848

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Greenville

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937-548-4614

Grand Rapids

Dance-A-Longs -RDS 419-832-1661

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Grove City Western Sqrs 614-875-4613

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 Broken Wheel Squares 440-358-1035
 Twirl Around-RDS 440-352-2721

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 Silver Spurs 419-222-5520
 Sues N Ques 419-999-6453

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 Wheeler Dealers 937-748-0397

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 Johnny Appleseed Sq 419-522-3193

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 Happy Soles-RDS 440-352-2721

Middletown
 Country Cousins 937-855-3841

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 Frontier Squares 513-777-3121

Minerva
 Minerva Burliques 330-821-0918

New Philidelphia
 Star Promenaders 330-339-3025

Norton
 Grand Squares 330-336-5844
 Acey Deucey-ADV 330-745-1382

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 Norwalk Fads 419-668-4655

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 Friendly Ties 614-834-8701

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 Road Runners-A2 614-882-6743
 Step'n Stones-C1-2 614-882-6743

Perrysburg
 Diamond Cutters-A1-2 419-874-7154

Ravenna
 Circulators 330-297-0950

Rocky River
 Lake Erie Squares 440-235-4633

Sharon Center
 Medina Squares 440-238-4529
 330-239-2204

Sebring

Salem Square Wheels 330-337-0492
Steubenville
 Dip'n Dive 304-737-1597
Solon
 Hubs Squares 330-562-8719
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 Shelby Cloverleafs 419-845-2132
Stryker
 Shooting Stars 419-445-9475
St. Mary's
 Tri Squares 419-629-2206
 419-394-5309

Tallmadge
 Silvertown Sqs-A1-2 330-867-7487
 Western Whirlers 330-673-2525
 330-633-0308

Tiffin
 Tiffin T Squares 419-448-8762
 419-447-9239

Toledo
 Dance-A-Longs-RDS 419-832-1661
 Fountain City Sq. 419-636-7226
 Friendship Rounds 419-836-5626
 Hoots Trav. Squares 419-447-4304
 Rocking Rounds 419-836-5626
 Lighthouse Rounds 419-836-5626
 Rumblin Rhythm Cloggers 419-559-6333
 Swinging Seniors 419-726-9708
 419-476-4686

Upper Sandusky
 Wyandot Squares 419-545-6278

Warren
 Crosstrailers 330-544-0955
 330-637-5454

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Wickliffe
 Buckeye Squares 440-685-4836

Wilmington
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Wooster
 Gnat Boxer 330-494-1399

Yellow Springs(Dayton)

Yellow Rockers 937-372-8895
Zanesville
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Cincinnati Area

Florence, Kentucky
 Freedom Dancers 859-282-9249

Covington, Kentucky
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 Kentucky Kuzzins 859-441-9155
 Tandem Squares 859-441-9155
 Vagabonds 513-553-0057
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Richmond, Indiana
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 765-966-2320

Toledo Area (Michigan)

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 Maple City Swingers 517-547-5292
 517-592-6497

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 Borderline Squares 517-458-6717

Waltz
 Rustic Village Squares 734-654-2106

Flat Rock
 Jumpin Jim Dandies 734-783-3204

East Central Ohio Area

Weirton, West Virginia
 Spinning Gears 740-282-6845

Wheeling, West Virginia
 Stifel Fine Arts Center 740-633-2395
 Heritage Dance Assc. 740-633-1809

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