



UNITED SQUARE DANCERS OF AMERICA
SQUARE DANCE – AMERICAN FOLK DANCE



Social Connections

The Key to Growth, Success, and Fun

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Why is it essential to have social connections?

- Social connection is crucial for improving physical, mental, and emotional well-being.
- Strong social connections increase longevity by 50%.
- Social connections fulfill the need for belonging and acceptance.
- Social connections are essential to nearly every aspect of health and well-being.
- Frequent dancing can result in a 75% lower chance of developing dementia.
- Regular dancing reduces the risk of heart disease death by 46%.

*What's the most important factor
for happiness?*

**"The best predictor of happiness
(and often health), is the quantity
and quality of a person's social ties."**

-Christine Carter

*Connections go beyond the
individual level*

Connectedness has profound benefits
for both individuals and for society.

Can we improve physical and mental health in our communities?

Our dance activity can help foster and build connections with the people all around us.



Keys to Growth, Success, and Fun in your Club and Association



Create an atmosphere of enthusiasm and fun at all meetings and events

Each event is a party, and fun is the primary goal

Assign host couples or dancers to greet and bid farewell to members and guests at each event

Assign dance leaders to arrive early to decorate or set things up

Recognize the special efforts of club members and guests

Recognize visiting dancers, special guests, area and state officers

Officers and members dance with caller and cuer partners, singles, new dancers, and guests

Club members make an effort to dance and converse with new dancers and shy guests

Every club member treats each guest as if they were a guest in their own home

Food is always served or available

Plan occasional open parties around dances or club events

Club leaders support and respect the decisions of the majority

Club leaders find their replacement halfway through their term and offer to mentor them

New dancer promotion and events occur all year long

Each club and association supports at least one social cause a year

Keep a list of “Friends of Your Club”

New dancers are treated like royalty because they are

New dancers are included in as many club events as possible

Have “Sunshine Officers” contact those who may have missed events and dances

All club events are publicized in club newsletters, dance publications, social media, and with flyers, postcards, or business cards

Create an atmosphere of acceptance

Fun, friendship, fellowship, and “exercise” are always a focus of each event

- Questions
- Comments
- Additional ideas



Why Walk When You Can

PROMENADE?

