



Dance Club of Grays Harbor Newsletter

January 2020
Volume 13, Issue 1

www.danceclubofgraysharbor.com

Officers

President: Arlene Hoiland
Vice President: Mark Van Hemert
Secretary: Jeannie Cornell
Treasurer: Sara Macht

Board Members

Margaret Sherwood Tim Van Houten
Linda Park Sharon Pleus
Jerry Ross Gordon Shellgren
Sara Macht

Committee Members

Dance Coordinator: Arlene Hoiland
Hospitality: Resa Hoiland and others
Music Coordinator: Mark Van Hemert
Memorial: Tim Van Houten
Newsletter/Web Site/Membership: Sharon Pleus
Publicity: Margaret Sherwood
Raffle: Ken Lane & Margaret Sherwood
Silent Auction Coordinator: Mark Swanson
Videos: Ron Eckardt & Sharon Pleus

Dances & Dancing

Dance Club of Grays Harbor 2020 DANCE SCHEDULE

Hoquiam Elks, 624 K Street, Hoquiam
Admission is only \$10 per person

Jan. 18	Randy Litch	Waltz
Feb. 15	Michael & Leslie*	Rumba
	~ * 12 th Anniversary Ball (2008-2020)	
Mar. 21	Ken & Christine	Foxtrot
Apr. 18		Tango
May 16	Tiffany Maki & The Mellow Tones	Night Club Two-Step

(* Special event dance – formal/semi-formal attire optional)
(** Halloween dance — costumes optional)

Fri., Jan. 3: Olympia Elks (1st Fri.), 1818 4th Ave. E., Olympia; **Music: Kregg Matson; Dance:** 8-11 pm \$12; Elks members \$8; dance club members \$10. Info: (360) 753-0186

Wed., Jan. 8, 2020: Black & White Ball at Manhattan Club at AmVets Hall, 5717 S Tyler St., Tacoma; **Music: Michael & Leslie;** free lesson 6:30; dance: 7:30-10pm; \$10 members; \$15 everyone else; Info: 253/732-6664; www.manhattanclub.org

Fri., Jan. 10: Love to Dance Club, at Olympia Elks (2nd & 4th Fri.), 1818 4th Ave. E., Olympia; **Music: Michael & Leslie; Dance:** 8-11 pm; Members \$8; guests \$12; Info: (360) 357-8656



Sat., Jan. 11: Olympia Elks (1st Fri.), 1818 4th Ave. E., Olympia; **Hot Latin Nights – Salsa Dance; Music selections with Rio Mendoza :** ; **Dance:** 8-11 pm \$12; Elks members \$8; dance club members \$10. Info: (360) 753-0186

Sun., Jan. 12: Aberdeen Elks, 1712 S. Boone St., Aberdeen; **Music: 593 Singers;** dancing 2-5pm; Info: (360) 532-2211



Sun., Jan. 12: Greater Olympia Dixieland Jazz Society, at Olympia Elks, 1818 4th Ave. E., Olympia; **Music: (TBA); Dance:** 1-4pm \$14 (members \$10). www.olyjazz.com/



2020 Dance Club Membership dues –
Still only \$0 per person!!!
That's right - \$0.00 for 2020!

Dance admission is \$10 per person!

Please make checks payable to
DANCE CLUB OF GRAYS HARBOR

Welcome to our New Members!

DCGH Contact Information:
Arlene Hoiland:
(360) 533-1412



Wed., Jan. 15: Manhattan Club at AmVets Hall, 5717 S Tyler St., Tacoma; **Music: DJ Terry West**; free lesson 6:30; dance: 7:30-10pm; \$10 members; \$15 everyone else; Info: 253/732-6664; www.manhattanclub.org

Fri., Jan. 17: Absolutely Ballroom, at Olympia Eagles, 805 4th Ave. E. (4th & Plum), Olympia; **Music: Michael & Leslie**; **Dance: 8-10:30 pm \$15.** www.absolutelyballroomllc.com/

Sat., Jan. 18: Dance Club of Grays Harbor (3rd Sat.), **Hoquiam Elks**, 624 K St., Hoquiam; **Music: Randy Litch**; **FREE Lesson:** Waltz 7-8pm – Arlene Hoiland; **Dance:** 8-10:30 pm. Mixers, Demos, Silent Auction/ Raffle. (Food and refreshments are available through the Elks.) Members: \$10; Guests: \$10. Info: (360) 533-1412; www.danceclubofgraysharbor.com



Wed., Jan. 22: Manhattan Club at AmVets Hall, 5717 S Tyler St., Tacoma; **Music: Michael & Leslie**; free lesson 6:30; dance: 7:30-10pm; \$10 members; \$15 everyone else; Info: 253/732-6664; www.manhattanclub.org

Fri., Jan. 24: Love to Dance Club, at Olympia Elks (2nd & 4th Fri.), 1818 4th Ave. E., Olympia; **Music: (TBA)**; **Dance:** 8-11 pm; Members \$8; guests \$12; Info: (360) 357-8656



Sat., Jan. 25: USA Dance Tacoma, (4th Sat.) at the Lakewood Elks, 6313 – 75th St. W, Lakewood; lesson 7-8pm; **Music: DJ Terry West** 8-10:30pm. Manhattan Club and Elks Club members \$10; USA Dance members \$8; all others \$12; Info: 253/307-1499 or www.dancetacoma.org

Wed., Jan. 29: Manhattan Club at AmVets Hall, 5717 S Tyler St., Tacoma; **Music: DJ Terry West**; free lesson 6:30; dance: 7:30-10pm; \$10 members; \$15 everyone else; Info: 253/732-6664; www.manhattanclub.org

Thurs., Jan. 30: Aberdeen Elks, Dukes of Swing, (last Thurs.) 1712 S. Boone St., Aberdeen; dancing 7-9pm; **Music: Dukes of Swing**; <https://facebook.com/thedukesofswing> Info: (360) 532-2211;



Fri., Feb. 7: Olympia Elks (1st Fri.), 1818 4th Ave. E., Olympia; **Music: Gregg Matson (?)**; **Dance:** 8-11 pm \$12; Elks members \$8; dance club members \$10. Info: (360) 753-0186

Fri., Feb. 14: Love to Dance Club, at Olympia Elks (2nd & 4th Fri.), 1818 4th Ave. E., Olympia; **Music: (TBA)**; **Dance:** 8-11 pm; Members \$8; guests \$12; Info: (360) 357-8656



Sat., Feb. 15: Dance Club of Grays Harbor's 12th Anniversary Ball (3rd Sat.), **Hoquiam Elks**, 624 K St., Hoquiam; **Music: Michael & Leslie**; **FREE Lesson:** Rumba 7-8pm – Arlene Hoiland; **Dance:** 8-10:30 pm. Mixers, Demos,



Silent Auction/ Raffle. (Food and refreshments are available through the Elks.) Members: \$10; Guests: \$10. Info: (360) 533-1412; www.danceclubofgraysharbor.com

Fri., Feb. 21: Absolutely Ballroom, at Olympia Eagles, 805 4th Ave. E. (4th & Plum), Olympia; **Music: Chris Anderson**; **Dance:** 8-10:30 pm \$15. www.absolutelyballroomllc.com/

Sat., Feb. 22: USA Dance Tacoma, (4th Sat.) at the Lakewood Elks, 6313 – 75th St. W, Lakewood; lesson 7-8pm; DJ Terry West 8-10:30pm; Manhattan Club and Elks Club members \$10; USA Dance members \$8; all others \$12; Info: 253/307-1499 or www.dancetacoma.org

Thurs., Feb. 27: Aberdeen Elks, Dukes of Swing, 1712 S. Boone St., Aberdeen; dancing 7-9pm; **Music: Dukes of Swing**; <https://facebook.com/thedukesofswing> Info: (360) 532-2211



Fri., Feb. 28: Love to Dance Club, at Olympia Elks (2nd & 4th Fri.), 1818 4th Ave. E., Olympia; **Music: (TBA)**; **Dance:** 8-11 pm; Members \$8; guests \$12; Info: (360) 357-8656



Other Dancing Events!

Tuesdays: OLY Swing, at Olympia Eagles, 4th & Plum, Olympia; 6-7pm in-depth lesson; 7-7:30 class; dancing ECS, Blues, Lindy Hop 7:30-10:30pm. See website for cost. www.olyswing.com/



Wednesdays: Manhattan Club at AmVets Hall, 5717 S Tyler St., Tacoma; **every Wednesday**; free lesson 6:30; dance: 7:30-10pm; \$7 members; \$10 everyone else; membership \$20; Info: 253/732-6664; www.manhattanclub.org

Jan. 8 – Black & White Ball with Michael & Leslie
Jan. 15 – DJ Terry West
Jan. 22 – Michael & Leslie
Jan. 29 – DJ Terry West



Thursdays: Tacoma Elks, at Allenmore Golf & Events Center, 2013 S. Cedar St., Tacoma; \$6 Elks members; \$8 USA Dance members; \$10 all others; Info: 253-272-1117

Jan. 9 – DJ Terry West
Jan. 16 – Michael & Leslie
Jan. 23 – Michael Langdon
Jan. 30 – Randy Litch



Fridays: Ocean Shores Elks, 199 Ocean Lake Way SE, Ocean Shores; **Music: Charlie or Arley**; **Dance:** 6:30pm – 9:30pm or later. Info: Call (360) 289-2581. www.elks.org/lodges/lodgecalendar.cfm?LodgeNumber=2581

Saturdays, Sundays, & Wednesdays: Pacific Ballroom, 1604 – 15th St. SW #109, Auburn; **Sat., Sun., and Wed.** DJ dances (some with live bands). Info: 253/939-6524; calendar available at www.pacificballroom.org.

Sundays: Swede Hall (1st, 3rd and 5th Sun.), 18543 Albany Street, Rochester; **Dance:** 1:30 to 4:30pm. \$5 per person. Snacks available for sale. (360) 273-7974

Other Dances: Check out [Steve Fisher's newsletter](#) with information about other dances around the area. It's on our website: www.danceclubofgraysharbor.com.

Other Links:

OlyDance: <http://olympiadance.com/>

T-Town Swing: <http://www.t-townswing.com/>

Studio 6 Ballroom: www.Studio6Ballroom.com/

News & Views

DCGH Board Meeting 1/7/2020

The next DCGH board meeting will be **Tue., Jan. 7, 2020, at 7 p.m.** at the Aberdeen Elks, 1712 S. Boone Street. All dance club members are welcome to attend the meetings. Value Dinner available 6 p.m.; or various items from the bar menu.

Links for photos, videos, and DCGH website

The DCGH website is updated monthly. Check us out at www.danceclubofgraysharbor.com.

Photos of the Senior Games heats posted on Flickr: www.flickr.com/photos/sjpleusphotos/albums/.

Videos of the Senior Games heats, exhibition, demonstrations and awards ceremonies, posted on YouTube: www.youtube.com/user/1AlaskaGal.

DCGH Dance 12/21/19



New Year's Eve at Love to Dance 12/31/19



Sara Macht's & Don Fargo's "showcase" West Coast Swing
(My apologies – room too dark for good color photo.)



Editor's Note:

2019 was a great year for the Dance Club – we managed to survive! We're ringing in 2020 at our dance on January 18 with the live music of Randy Litch. Arlene will be teaching the Waltz (or maybe something else!). With all the information floating around the 'web' on how good dancing is for our bodies and minds and how healthy it keeps us, we hope you can join in 2020 in keeping those resolutions to get in great dancing shape!



We'll be having our silent auction again, so feel free to bring some nice item to donate. Mark's home-made apple pies are always a best seller. Should we give him some competition?

Thanks to all of you for keeping our Dance Club dancing! What a great bunch of dancers and volunteers.

Michael & Leslie will be ushering in the beginning of our 13th year on February 15th at the Anniversary Ball. Semi-formal attire is not required, but it certainly looks wonderful!

We wish all of you a Blessed and Healthy New Year. Come dance with us at all of our monthly dances!

Dance! It's what we do!



Sharon Pleus
1pleusplaza@earthlink.net
danceclubofgraysharbor@gmail.com

DANCING MAKES YOU SMARTER

It's been scientifically proven that the only physical activity to offer protection against **dementia** is frequent dancing.

- Reading - 35% reduced risk of dementia
 - Bicycling and swimming - 0%
 - Doing crossword puzzles at least four days a week - 47%
 - Playing golf - 0%
 - Dancing frequently - 76%.

Study made suggestion: do it often. Seniors who took dance lessons 4 days a week had a measurably lower risk of dementia than those who did it only once a week.