



The Delaware Valley

Dance Spotlight



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TAKING THEIR TURN ON THE SILVER SCREEN

By Beth Kephart

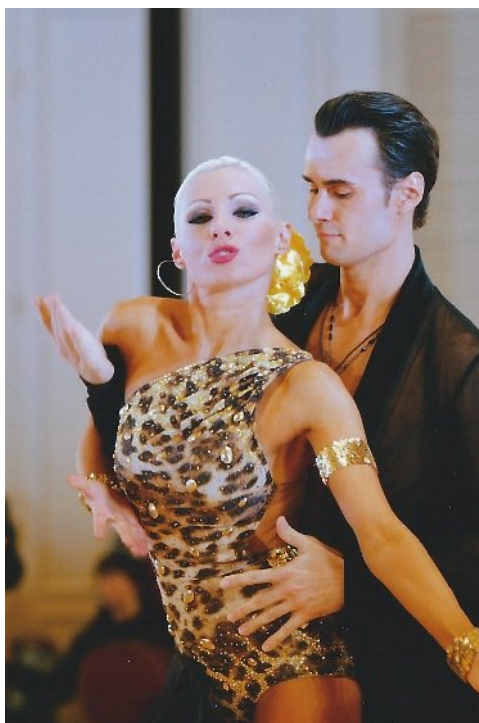
When "The Silver Linings Playbook," a David O. Russell film, appears in theaters across the country, next November, theatergoers won't simply be entertained by Robert De Niro and Bradley Cooper, Jennifer Lawrence and Julia Stiles. North American Professional Latin Champions Jan Paulovich and Lana Roosiparg will be lighting up the silver screen as well. They're playing dancers, of course, in a scene that renowned choreographer Mandy Moore ("So You Think You Can Dance") has helped to orchestrate. They're bringing their trademark musicality and intense connection to a movie that has had Philadelphians talking.

It all began on a sunny day, this past fall, when Jan and Lana attended an audition in downtown Philadelphia - an opportunity that had been mentioned in passing by a friend.

"I had no expectations," says Jan, about that first audition day. "Lana and I were simply having fun, doing what we love to do." Combining a rumba and cha cha and dancing to a Dean Martin/Michael Buble remix of "Sway," the two performed as they tend to perform - focused on the music, wholly expressive, always bold.

One month later, Jan and Lana arrived at the set in the heart of Philadelphia for what they had been told would be one or two days of filming. Things, however, had been rearranged. One day became three; three days became five. A single feature moment evolved into several. Dance floor scenes were combined with peripheral scenes, so that soon, Jan and Lana were not just showing De Niro and Cooper a few things about spiral turns and hip twists; they were acting along with them as well, contributing their talents to this major motion picture film.

"It was wild," says Lana. "I'm talking about 200-250 people, including actors, movie crew, and extras - all of whom had to be synchronized in a single, coherent scene. We were



really excited to meet Robert De Niro as well as the rest of the cast, and then it all turned around, as they became super excited about our dance. The actors were such cool and down-to-earth people, and so was the director, David O. Russell, who liked our dancing so much that he asked for a second camera to be trained solely on us while we danced." The second camera had become essential because the director sought to showcase more of Jan and Lana's dancing in the film.

The shift from dancing to acting sort of came naturally, say Jan and Lana. It simply required ease, spontaneity, and an understanding of the story itself, which both had studied. Matthew Quick, who wrote the novel upon which the movie is based, has been delighted by the number of lives that the book-turned-film has touched. Raised in a blue-collar neighborhood by stern - and conservative - Protestant parents, dance was never part of his world. Indeed, he said in a recent interview, "the thought of any man or boy dancing - especially someone I knew personally - was absurd."

(Continued on page 17)

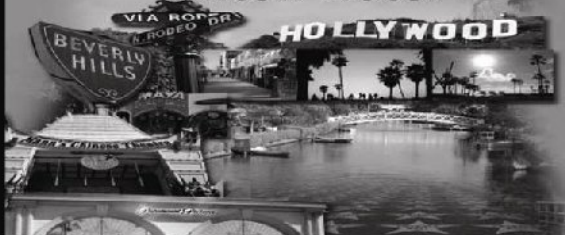
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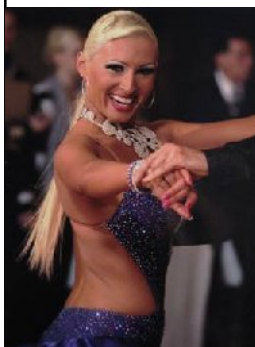
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Healthy Living: How to Avoid SAD This Winter with Simple Nutrition

By Dr. Veronica Collings, Chiropractor and Wellness Practitioner

The “winter blues” has been labeled as a seasonal affective disorder, or SAD (SAD also stands for Standard American Diet – finally, truth in labeling). The deficiency of vitamin D is thought to be the cause of SAD. Vitamin D is so important that our bodies developed a way to synthesize it out of pure sunlight. The ultraviolet rays of the sun convert skin oil to vitamin D. Sounds like magic, doesn’t it? Well, it is at least indicative of how essential this vitamin must be. SAD has been on the rise, not only because we have become sun phobic, slathering ourselves with chemical sunscreens that actually have been shown to cause more skin cancer than the sun, but we also avoid eating all the good sources of Vitamin D, namely, good fats. (By the way, if you really are sun sensitive, please use mineral-only sunscreens and avoid the toxic effects of the chemical screens.) SAD is just the tip of the iceberg. Vitamin D deficiency causes muscle weakness, osteoporosis, breast and colorectal cancer, diabetes types I and II, heart and cardiovascular disease, and more.

No problem, you say - let’s run out and buy a whole bunch of this vitamin D stuff and we’ll be OK? Well, not exactly. Just as processed foods are insufficient and actually damaging because our bodies don’t know what to do with all the fake stuff, synthetic vitamin D is also insufficient and, like fake food, can damage the delicate orchestral synergy of our metabolisms.

For example, among its many functions, vitamin D picks up calcium from the gut and puts it into the blood. Essential fatty acids like linoleic and linolenic, both found in flaxseed oil, and arachidonic acid, which is found in meat fat and butter (the three are also known as vitamin F), take the calcium from the blood and put it into the tissues. Suppose you get D and no F. Your blood calcium will increase at the expense of tissue calcium level. That’s why people who are in the sun get thick skin if they don’t eat enough vitamin F, which is primarily in oils. Too much D, not enough F. The illustration I am trying to make is how easy a well meaning person can mess up his/her physiology by throwing a bunch of synthetic vitamins into his/her system.

What is the best source of vitamin D, you ask? Cod liver oil, like our grandmothers used. Strangely enough, I have found a lot of resistance to this food recommendation. The next best thing is a Standard Process product called Cataplex D because it comes with the other necessary synergists, such as vitamin A to make the D help you, not hurt you. I don’t want this to become a chemistry lesson, but it is also imperative that vitamin D is balanced with vitamin A, as well as usable calcium. Too much vitamin D depletes vitamin K. Because vitamin K is involved in helping you maintain strong bones and keeping calcium out of



your blood vessels, this ratio is critical. In the presence of adequate vitamin A, the vitamin K depletion is avoided. If your intake of essential fats is low or you are vegetarian, I also recommend Cataplex F. I’ve talked about Standard Process as the only whole food supplement company that has been true to the whole food philosophy since its beginnings, more than 80 years ago. To learn more about how to distinguish supplements that are food versus supplements that are chemicals, go to my web site, www.drveronicacollings.com. Click on the link “whole food supplements.” There, you’ll find a good explanation that will help to guide you through the supplement jungle.

Vitamin D is the “vitamin du jour.”

Everybody is recommending it, including your medical doctor, who, unfortunately for you, probably had no training in nutrition. This is what my admonition for using food source supplementation is about. Food mitigates the dangers of whatever happens to be the new vitamin fad. Real food already comes perfectly balanced. All the factors, known and unknown, that make it our effective source of nutrition are already there. Eat right, live well, and I hope to see you smiling on the dance floor, this winter.

About the Author: Dr. Collings is a summa cum laude graduate of Pennsylvania College of Chiropractic. As a holistic health care provider, she utilizes only natural remedies. Her offices are located in the Plymouth Plaza Building at 580 W. Germantown Pike, Suite 111, Plymouth Meeting, PA 19462, in front of the Plymouth Meeting Mall. She can be reached at 610-828-9634 or vcollings@aol.com.

She and her husband, Greg, have been ballroom, Latin, swing, hustle, and Argentine tango dancing for about 11 years and can be found dancing all around the Delaware Valley.

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ALL THAT GLITTERS: STARLITERS DANCE SHOWCASE CELEBRATES LOCAL STARS

By Renata Maslowski

Days shorten, weather chills and shoppers mill around the mall – all signs of the holiday season. Another holiday favorite is the 19th Annual Starliters Dance Studio Showcase, held at the Dupont Country Club in Wilmington, DE on Sunday, November 13th. The evening sparkled with glamour and grace of ballroom dancing as local dancers performed an array of choreographed routines from waltz to west coast swing, and everything in between.

Brian L. Wells, owner of the Starliters Dance Studio and organizer of this event, as well as his guest instructors, always know how to bring out the best in their students, both first-time performers and seasoned veterans. There was plenty to take in at this year's showcase – romance, drama, comedy and even magic blended elegantly together to wow the more than 160 people in attendance.

The performers showed us that there are no limits to what one can do with the right instruction. They come from all walks of life: scientists, healthcare workers, businesspeople, retired persons and even people with disabilities. When they came to perform, all the layers of age, image, physical and mental limitations disappear, revealing people whose bodies can express emotions of joy, passion and sorrow that unite all of us in the human experience.

It was an evening of song, dance and celebrations for those who share the love of ballroom performances. The showcase was dedicated to the memory of veteran ballroom dancer, Burt Blackburn, as well as honoring the memories of the brothers of two of other dancers. Family and friends of those who passed before us were touched by the display of talent.

Dancing from the heart brings out a deep emotional connection with others and heals an aching soul. The tributes showed the unique gifts that

these brothers and friends created in the world and the performances inspired us to look beyond ourselves.

Starliters is known for showcases that include surprises and many unexpected delights. This year's program was no exception. Brian demonstrated his versatile skills by playing guitar and singing several popular songs. In 2012, he will continue performing live with his original songs in venues across the country.

The evening's performances continued to unfold, as a group of dancers took to center stage to demonstrate a popular choreographed hustle flash mob to Lady Gaga's song, *Just Dance*. A dance flash mob occurs as a spontaneous event to the observers, yet takes weeks of practice for the dancers to stay synchronized. Brian added another challenge of partner switches midway through the dance. The only danger from this kind of flash mob was the audience's enthusiastic appreciation and thunderous applause.

About the Author: Renata J. Maslowski, a News Journal blogger writes on topics of local entertainment and health and wellness. Check out her articles and join her on [Twitter](#) and [LinkedIn](#).



Above left: Brian L. Wells. Above right: Sandra Fortuna and Josh Brownlee (Instructors)



Stars from Act I (L to R): Dianne Bingham, Pearl Losito, Brian Wells (Instructor), Joan Blair, Jack Pollack, Mark Reeves, Laura Oliver, Arthur & Anne Chadwick, & Nicole Natalino.



Stars from Act II (L to R, back row): Lorette Vacchiano, Maureen Dragoni, Cicin Wise, Mary Ann Nissley, Quinlan Cheng, (front row): Sid Katz, Cookie West, Kristy Longsdorf and Chris Marchegiano.



Above: Mary Ann Nissely, Brian L. Wells (Instructor)



Stars from Act III (L to R): Renata J. Maslowski, Mary Wilkinson, Brian L. Wells (Instructor), Laura Oliver, Linda and Joe Voytilla, Jill and Bill Urban.

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A New Concept in Ballroom Dinner Dances Recreates the Best of the Old: A Review of Dancing at the Adelphia Restaurant and Conference Center on November 27

By Veronica Collings

We are so lucky, in the Delaware Valley, to have such a great selection of ballroom, Latin, swing, and Argentine tango venues. Even so, after frequenting all of them regularly for ten plus years, every once in a while, I get the ten-year itch (just want something new). Well, I'm happy to tell you there's a new game in town and it's got an elegant twist that makes even the most seasoned dancer stand up and take notice.

In addition to successfully managing her studio, the Academy of Ballroom Dancing on Tilton Rd. in Northfield, NJ for nearly ten years, Mary Davis-Fonte, a lifelong dancer, decided to expand and launch a new division. It will specialize in the production of ballroom dances and special events.

I was privileged to attend the November 27 kickoff event at the Adelphia Restaurant, Bar and Conference Center in Deptford, NJ. As fate would have it, a few years ago I bought my brother-in-law a package of dance lessons with Mary as a birthday gift. Since then, as I hoped, he became a ballroom aficionado and keeps me apprised of what is going on in his area.

Fate steered us right, because Mary really provided a unique and elegant experience in dinner dance. Remember the Fred Astaire movies where the big band accompanied the dancing under crystal chandeliers? Everyone was dancing to a big band, accompanied by the clinking of wine glasses and enjoying wonderful meals. Well, that pretty much sums it up.

The uniqueness of this event was primarily due to the Brass Tacks Orchestra. This 17-piece dance band comprised of five saxophones, four trumpets, four trombones, piano, bass, guitar, drums and two vocalists was like no other because members are dancers themselves and fully appreciate the importance of organizing set lists to provide just the right order and variety of dances, accurate and precise tempos (always my husband's pet peeve when we go "live") and the all important inner rhythms which create the "feel" that make you want to get up and dance all night.

The food was also exceptionally good. It was buffet style, which is my preference. Since I don't typically eat starches, I could really load up on the really excellent selection of just right al dente vegetables and two choices of salad. They had the traditional dinner mix and also a Greek style salad with field greens and other great surprises. The stuffed flounder with crabmeat was so good that I had two pieces. As Steve,



my brother-in-law said, "I feel like I am at an upscale wedding where everyone knows how to dance."

The event was very well attended and, after its success, Mary Davis will return to the Adelphia on Saturday, January 14 and a special Valentine dinner dance on Sunday, February 12. These two dances will be held at the Grand Panathenian Ballroom. I'm going to do my best to attend them both. This promises to be a very romantic Valentine's Day, since I intend to be at the Ballroom, Latin, and Swing

Dance Center's always fun Valentine's dinner dance on the 14th, also. All this excitement will keep the winter chill away. I hope to see you there.



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Our travel club rarely goes to the same place twice. Rather than visit the Caribbean over and over again, our goal is to see the world by dancing from location to location on cruise ships.

*Here are our best choices for 2012/2013
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DISCOVERY CRUISING** from Los Angeles to New York with stops in Puerto Vallarta, Nicaragua, Costa Rica, Curacao, and Grand Cayman.

We have a gent looking for a cabin mate for several cruises.

In addition to these cruises, we have arranged for group rates for the following trips (right column). These are not *official* escorted dance cruises but will have all the dance amenities normally provided on all Cunard cruises, including male dance hosts.

Jan. 4, 2012 Panama Canal 15-night on Queen Victoria from Fort Lauderdale to LA with Aruba, Puntarenas, Guatemala, Huatulco, Acapulco, and Cabo San Luca

Jan. 18, 2012 Panama Canal 17-night on Queen Elizabeth from NY to San Francisco with Ft. Lauderdale, Grand Cayman, Puntarenas, Acapulco, and Cabo San Luca

Jan. 19, 2012 Panama Canal 11-night on Queen Victoria roundtrip Ft. Lauderdale, with St. Thomas, St. John's, St. George, and the Netherlands Antilles

Feb. 14, 2012 Valentine's Day Hawaiian Adventure 14-night on Queen Elizabeth roundtrip Los Angeles with Hilo, Honolulu, Kauai, Maui, and Ensenada

March 24, 2012: Singapore to Dubai 12-night on Queen Elizabeth including stops in Kuala Lumpur, Penang, Phuket, Sri Lanka, and two stops in India (Cochin & Mumbai).

July 1, 2012 Fourth of July Getaway 5-night on Queen Mary 2 roundtrip New York with Halifax and Boston (overnight for the 4th of July)

July 27, 2012 British Isles (Coinciding with the 2012 Olympics in England) 11-night on Queen Elizabeth roundtrip Southampton with London, Edinburgh, Inverness, Kirkwall, Glasgow, Liverpool, Dublin, Cork, and the Channel Islands

Nov. 4, 2012 Mediterranean Gems 16-night on Queen Mary 2 roundtrip London with Barcelona, Monte Carlo, Rome, Naples, Athens, Valencia, Malaga/Granada

Nov. 29, 2012 Mediterranean Moments 10-night Rome to Southampton Queen Elizabeth including Florence/Pisa, Monte Carlo, Barcelona, Palma, and Seville

Dec. 22, 2012 Christmas & NYE Caribbean Fiesta 12-night on Queen Mary 2 roundtrip NY with St. Thomas, Dominica, St. Lucia, Barbados, St. Kitts



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Delaware Valley Dance Organizer Contact Information

<p>American Ballroom Company, Ewing, NJ, www.americanballroomco.com, 609-931-0409</p> <p>Argen-Tango Dancers, Marlton, NJ, www.elbesitomilonga.com, 856-751-2770</p> <p>Atrium Dance Studio, Pennsauken, NJ, www.atriumdance.com, 856-661-9166</p> <p>Avalon Community Center, Avalon, NJ, 609-967-3066</p> <p>Ballroom Joe Donato, King of Prussia, PA, www.ballroomjoe.com, 610-420-4727</p> <p>Ballroom, Latin & Swing Dance Center, Lansdale, PA, www.DancingAtTheYMCA.com, 215-855-2711</p> <p>Bella Rosa Ballroom, Broomall, PA, www.bellarosaballroom.com, 215-258-5587</p> <p>Bill Sapp, Hockessin, DE, www.bs-bd.com, 302-897-5228</p> <p>Blue Moon Dancesport, Exton, PA, www.dancebluemoon.com, 610-363-8679</p> <p>BlueBallRoom, Wilmington, DE, www.blueballroom.net, 302-290-2583</p> <p>Brasil's, Philadelphia, PA, www.brasilnightclub-philly.com, 215-413-1700</p> <p>Broomall Ballroom w/Roberto, Broomall, PA, www.broomallballroom.com, 610-459-3564</p> <p>Carousel Ballroom, West Chester, PA, www.carouselballroom.com, 610-701-0600</p> <p>Central Jersey Dance Society, Princeton, NJ, www.centraljerseydance.org, 609-945-1883</p> <p>Club 212, Phoenixville, PA, www.nightclub212.com, 610-935-7141</p> <p>Coastline, Cherry Hill, NJ, 856-795-1773</p> <p>Dance Haddonfield, Haddonfield, NJ, www.dancehaddonfield.org, 856-429-9154</p> <p>Dance Nights, Wallingford, PA, 610-644-0828</p> <p>Dancers Unlimited, Broomall, PA, 610-352-1996, www.DancersUnlimited-MM.com</p> <p>Dances by Diane/Diane Alcavage, Westville, NJ, www.dancesbydiane.com, 856-456-3900</p> <p>DanceSport Academy, Ardmore, PA, www.dancesportpa.com, 610-642-2525</p> <p>Delaware Valley Dance Society, Broomall, PA, 610-363-8679, www.delawarevalleydancesociety.weebly.com,</p> <p>Delaware Valley Swing Club, Collingswood, NJ www.delval.wordpress.com, 856-858-6753</p> <p>Diane Selzer & Bob Martin, Media, PA, 610-357-4902</p> <p>Donna Boyle, various Delaware Valley locations, www.donnaboyle.com, 215-740-3472</p> <p>Dupont Country Club, Wilmington, DE, 302-421-1747</p> <p>Estilo Dance Studio, Philadelphia, PA, www.estilodancestudio.com, 215-336-0170</p> <p>Fiesta Ballroom Dance Club, Broomall, PA, www.fiestadance.com, 610-521-1819</p> <p>Guys & Dolls Ballroom Dance Club, Newtown, PA, guysanddolls@comcast.net, 267-364-5819</p> <p>Jersey Shore Ballroom Dance Club, Somers Point, NJ, www.dancejerseyshore.com, 609-645-3269</p> <p>Joy of Tango, www.joyoftango.com, 267-536-9623</p> <p>La Luna Dance Studio, Bensalem, PA, www.lalunadancestudio.com, 215-638-0418</p> <p>Lesley Mitchell & Kelly Ray, Philadelphia, PA, www.dancephiladelphia.com, 215-574-9555</p> <p>Lindy and Blues, Philadelphia, PA, www.lindyandblues.com</p>	<p>Living in Rhythm, Phila. PA, www.livinginrhythm-intl.com</p> <p>Lynne Stevens, Lansdale, PA, lasdance13@comcast.net</p> <p>Mambodelphia, Westville, NJ, www.mambodelphia.com, 609-330-6804</p> <p>Maria Aldrete & Steve Mason, tengotango@verizon.net, 610-246-2043</p> <p>MasterJay Moves Dance Studios, Philadelphia, PA, www.masterjmoves.com, 215-564-2575</p> <p>Medalist DC, Bellmawr, NJ, miloshevv@aol.com, 856-905-6189</p> <p>Michael's Café, Bensalem, PA, 215-633-7171</p> <p>Mixx Bar & Restaurant, Villanova, PA, www.mixxrestaurant.com, 610-527-0700</p> <p>Mostly Waltz, Broomall, PA, www.mostlywaltz.com, 215-643-4397</p> <p>Parx Casino Club 360, www.parxcasino.com, 888-588-PARX</p> <p>Peppermint Dance Club, various Delaware Valley locations, www.peppermintdanceclub.com, 610-558-4556</p> <p>Philadelphia Argentine Tango School, Philadelphia, PA, meredithklein@gmail.com</p> <p>Philadelphia Swing Dance Society, Philadelphia, PA, www.swingdance.org, 215-849-5384</p> <p>Princeton Clubs, Princeton, NJ, www.princeton.edu</p> <p>Redz Bar & Grill, Philadelphia, PA, 215-332-8784</p> <p>Rhythm DanceSport, Southampton, PA, www.RhythmDanceSport.com, 215-355-5345</p> <p>Rob Baen/Sheila Purkey, www.robandsheiladance.com, 856-517-0793</p> <p>Salsa in the Suburbs, Upper Darby, PA, 610-800-8182, www.salsainthesuburbs.com</p> <p>Sangha Space, Media, PA, www.sanghaspace.com, 610-565-0300</p> <p>Society Hill Dance Academy, Philadelphia, PA, www.societyhilldance.com, 215-574-3574</p> <p>Stardust Ballroom, Bellmawr, NJ, www.stardustbellmawr.com, 856-931-4000</p> <p>Starlites Dance Studio, Inc., Hockessin, DE, www.starlitesdance.com, 302-798-6330</p> <p>Sweeneys, Bala Cynwyd, PA, 610-896-5221, http://home.comcast.net/~sweeneydance</p> <p>Swing Kat Entertainment, Pottstown, PA, www.swingkat.com, 610-348-6727</p> <p>Swingalongs, Doylestown, PA, www.swingalongsdance.org, 215-257-1846</p> <p>Take The Lead Ballroom & Latin Dance Studio, Phila., PA, www.taketheleadstudio.com, 215-471-3215</p> <p>Take the Lead Dance Studio, Hockessin, DE, www.taketheleaddancestudio.com, 302-234-0909</p> <p>Tango Café, Philadelphia, PA, davidwalterp@verizon.net, 215-629-2344</p> <p>Top Hat Dance Studio, Philadelphia, PA, www.tophatdancestudio.com, 215-676-3100</p> <p>Universal Dance Center, Collingswood, NJ, www.unidancesport.com, 856-869-0010</p> <p>Viva Tango!, Princeton, NJ, www.vivatango.wordpress.com</p>
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Calendar of Places to Dance: JANUARY/FEBRUARY, 2012

Contact information for events listed here is on the previous page.

MONDAYS

LINDY AND BLUES @ The Adrienne
8:30 PM-12 AM Blues Lesson & Dance

MASTERJAY MOVES DANCE STUDIO @ Vango Skye Bar & NC
8 PM-2 AM Salsa Lesson & Dance

PHILA. ARG. TANGO SCHOOL @ 943
9 PM-12 AM Milonga

PRINCETON TANGO CLUB
10:30 PM-12 AM Argentine Tango Practica

TUESDAYS

DANCE NIGHTS
8-11 PM Lesson & Dance

DANCERS UNLIMITED
7:30-11 PM Lesson & Dance

DIANE SELZER & BOB MARTIN
7:30-10 PM Lesson & Dance *Call for Dates*

LESLEY MITCHELL & KELLY RAY
8:30-11 PM Argentine Tango Practica

LINDY AND BLUES @ Ethical Society
8 PM-12 AM Lindy/Blues Lesson & Dance

LIVING IN RHYTHM @ Reef Rest. & Lounge
9 PM-2 AM Salsa Lesson & Latin Dance

PEPPERMINT DANCE CLUB @ Prospector's
7-10:30 PM Lesson & Dance

ROB BAEN/SHEILA PURKEY @ Sangha Space
8-11 PM West Coast Swing Practica *1st Tues.*

WEDNESDAYS

AMERICAN BALLROOM COMPANY
7-9 PM Newcomers' Lesson & Dance

BRASIL'S w/La Luna Dance Studio
9 PM-2 AM Salsa Lesson & Dance

FIESTA BALLROOM DANCE CLUB
8-11 PM Lesson & Dance

MICHAEL'S CAFÉ
8:30 PM-12:30 AM Hustle Lesson & Dance

MIXX BAR & RESTAURANT
7:30-11 PM Latin Lesson & Dance

PHILA. ARGENTINE TANGO SCHOOL
7:30 PM-12:30 AM Arg. Tango Lesson & Practica

ROB BAEN/SHEILA PURKEY @ Atrium DS
9-11:30 PM West Coast Swing Dance

BRASIL'S w/La Luna & Estilo Dance Studios
9 PM-2 AM Salsa Lesson & Dance *1st Thur.*

THURSDAYS

CLUB 212
8:30 PM-12:30 AM Salsa Lesson & Dance

LINDY AND BLUES @ Univ. City Arts League
8-11 PM Lessons & Lindy/Shag/Balboa Dance

LYNNE STEVENS @ 3rd & Walnut Banquet Hall
8:30-11 PM CA Mix Lesson & Dance

MASTERJAY MOVES DANCE STUDIO
9 PM-2 AM Latin Lesson & Dance

PARX CASINO CLUB 360
9:15 PM-1 AM Latin Dance

PEPPERMINT DANCE CLUB @ Ch. on the Mall
7:15-11 PM Lesson & Dance

SANGHA SPACE
7:30 PM-12 AM Arg. Tango Lesson & Milonga

SOCIETY HILL DANCE ACADEMY Manayunk
8:15-10 PM Beginner Dance

FRIDAYS

AMERICAN BALLROOM COMPANY
8-11 PM Practice Party

BALLROOM JOE DONATO @ dancemuse
7:30-11 PM Lesson & Dance *1st Fri.*

BALLROOM, LATIN & SWING DANCE CENTER @ La Crest Health Center
7:30-9:45 PM Practice Party (*see ad*)

BRASIL'S w/La Luna Dance Studio
9 PM-1:30 AM Salsa Lesson & Dance

CENTRAL JERSEY DANCE SOCIETY
7:30-11:30 PM Swing/Lindy Lesson & Dance *3rd Fri.*

DANCESPORT ACADEMY
9:15-11:30 PM Lesson & Dance *1st Fri.*

DONNA BOYLE
8 PM Lesson & CA Mix Dance @ Ft. Wash. Holiday Inn *1st Fri.*
8 PM-1 AM CA Mix @ Stardust *3rd Fri.*

LA LUNA DANCE STUDIO
8:30 PM-2 AM Salsa Lesson & Dance *2nd, 4th Fri.*

LESLEY MITCHELL & KELLY RAY
8:30 PM-2 AM Arg. Tango Lessons & Milonga

PEPPERMINT DANCE CLUB @ Ch. on the Mall
6:45 PM-12 AM CA Mix Lesson & Dance exc. *1st Fri.*

PRINCETON TANGO CLUB
8 PM-1 AM Lesson & Milonga *See website*

FRIDAYS (continued)

ROB BAEN/SHEILA PURKEY @ Dance Time
9 PM CA Mix Dance *1st Fri.*
w/BRIAN GALLAGHER @ Atrium Dance St.
8 PM-1 AM WCS & Hustle Lessons & Dances *2nd Fri.*

SALSA IN THE SUBURBS
9 PM-12 AM Salsa Lesson & Latin Dance *1/13*

SOCIETY HILL DANCE ACADEMY Center City
8:30-10 PM Dance

STARDUST BALLROOM
7:30 PM Lesson & Dance exc. *3rd Fri.*

SWEENEYS @ Cynwyd Club
7:30-10 PM Lesson & Dance *1st, 3rd Fri.*

SWING KAT ENTERTAINMENT
8 PM-12 AM WCS Lesson & CA Mix *1st Fri.*
8-11:30 PM Swing Lesson & Dance *2nd, 4th, 5th Fri.*
8 PM-Late Salsa Lesson & Dance *3rd Fri.*

TAKE THE LEAD BALLROOM & LATIN DS
8 PM-1 AM Salsa Lesson & Dance *2nd, 4th Fri.*

TAKE THE LEAD DANCE STUDIO
8-11:30 PM Latin Lesson & Dance *2nd Fri.*

UNIVERSAL DANCE CENTER
8-10 PM Strictly Ballroom & Latin Practice Party *See website*

SATURDAYS

ARGEN-TANGO DANCERS
9 PM-Late Lesson & Milonga *3rd Sat.*

ATRIUM DANCE STUDIO
9 PM-2:30 AM Salsa Lesson & Latin Dance *1st, 3rd, 5th Sat.*

BELLA ROSA BALLROOM
8-11 PM Couples' Dance *2/4, 2/25*

BILL SAPP
3-7 PM Lesson & Dance *Call for dates*
6:30-10:30 PM Lesson & Dance *Call for dates*

BLUEBALLROOM
8-11:30 PM Dance *1/21, 2/11*

BLUE MOON DANCESPORT
8-10 PM Dance

BRASIL'S w/Estilo Dance Studio
9 PM-2 AM Salsa Lesson & Dance

BROOMALL BALLROOM
8:30-11:30 PM Couples' Dance *1/21, 2/18*

CAROUSEL BALLROOM
8-11 PM Lesson & Dance

Calendar of Places to Dance: JANUARY/FEBRUARY, 2012

SATURDAYS (continued)

CENTRAL JERSEY DANCE SOCIETY

7-11:30 PM Latin Lesson & Dance *1st Sat.*

7-11:30 PM Lesson & Dance *2nd Sat.*

7 PM-12 AM Arg. Tango Lesson & Milonga
3rd Sat.

7-11:30 PM CA Mix Lesson & Dance *4th Sat.*

DANCES BY DIANE (ALCAVAGE)

8-11 PM Lesson & Dance *See website*

DELAWARE VALLEY DANCE SOCIETY

6:45-11 pm Lesson & Dance *1/7, 1/14, 1/28*

DELAWARE VALLEY SWING CLUB

7 PM-12:30 AM WCS/Shag Lesson & Dance
3rd Sat.

GUYS & DOLLS BALLROOM DANCE CLUB

7:30-10:30 PM Lesson & Dance *2nd, 4th Sat.*

JERSEY SHORE BALLROOM DANCE CLUB

7-10 PM Lesson & Dance *See web site*

JOY OF TANGO Milonga La Pausa

9 PM-1 AM Milonga *1st Sat.*

KIMBERTON ARTS BLDG.

7-10:30 PM Lesson & Dance *Call for dates*

PEPPERMINT DANCE CLUB @ Ch. on the Mall

7:15 PM-12 AM Lessons & Dance

PHILA. ARGENTINE TANGO SCHOOL

9 PM-2 AM Milonga *4th Sat.*

PHILA. SWING DANCE SOCIETY

7 PM-12 AM Swing Lessons & Dance *1/7, 1/28, 2/11, 2/25*

ROB BAEN & SHEILA PURKEY @ Sangha Space

8 PM-12 AM CA Mix Lesson & Dance *4th Sat.*

SANGHA SPACE

9 PM-Late Argentine Tango Lesson & Milonga
2nd Sat.

STARDUST BALLROOM

9 PM-2 AM Salsa Dance *2nd, 4th Sat.*

STARLITERS @ Take the Lead DS

8-11:30 PM Lesson & Dance *1/28, 2/25*

SWING KAT ENTERTAINMENT

7:30-11:30 PM Lesson & Dance *See website*

8-11:30 PM Swing Lesson & Dance *3rd Sat.*

SWINGALONGS DANCE CLUB

7:30-10:30 PM Couples' Dance *2nd Sat.*

TAKE THE LEAD DANCE STUDIO

8-11 PM Lesson & Dance

TOP HAT DANCE STUDIO

8 PM CA Mix Lesson & Dance *See website*

UNIVERSAL DANCE CENTER

8-10:30 PM Lessons & Dances *See website*

SUNDAYS

ATRIUM DANCE STUDIO

4-7 PM Dance

BALLROOM, LATIN & SWING DANCE

CENTER @ La Crest Health Ctr. (see ad)

1:30-3:30 PM Practice Party Exc. *1/1*

BLUEBALLROOM

4-7 PM Dance *1/29, 2/19*

COASTLINE w/Atrium Dance Studio

8 PM-2 AM Salsa Lesson & Dance

DANCE HADDONFIELD

6-10:30 PM Lessons & Dance *(see ad)*

DANCES BY DIANE (ALCAVAGE)

2-5 PM Lesson & Dance *See website*

JOY OF TANGO Collegeville Tango

4-8 PM Lesson & Milonga *1st, 3rd, 5th Sun.*

LESLEY MITCHELL & KELLY RAY

9-11:30 PM Milonga *3rd Sun.*

MAMBODELPHIA & ESTILO DANCE STUDIO @ Westville Square

5-9 PM Salsa Dance *1/8, 1/22, 2/5, 2/19*

MARIA ALDRETE & STEVE MASON @

Atrium Dance Studio

11:30 AM-3 PM Milonga *1st, 3rd exc, 1/1*

MEDALIST DC @ Stardust Ballroom

2:30-5:30 PM Lesson & Dance *1st, 3rd, 5th Sun.*

MICHAEL'S CAFÉ

8:30 PM-12:30 AM Hustle Dance

MOSTLY WALTZ

2:30-6 PM Waltz Lesson & Dance *1/29, 2/26*

PHILADELPHIA ARGENTINE TANGO SCHOOL

8 PM-12 AM Milonga w/Jazz Cortina *2nd Sun.*

REDZ BAR & GRILL

8 PM Salsa Lesson & Dance

STARDUST BALLROOM

7-11 PM Over-55 Dance w/Band

SWING KAT ENTERTAINMENT

7-10 PM Lesson & Dance exc. *4th Sun.*

7-10 PM A. Tango Lesson & Milonga *4th Sun.*

TANGO CAFÉ @ Society Hill Dance Acad.

3:30-7 PM Milonga *4th Sun.*

UNIVERSAL DANCE CENTER

3-6 PM Dance *See website*

FREE ADVERTISING

If you run a dance that is open to the public, you can be listed here for free. Email your event information to dancespotlight@blsdc.com or send it to Vivian Beiswenger, *Delaware Valley Dance Spotlight* Editor, 255 Hawthorne Circle, North Wales, PA 19454 or call 215-855-2711. We reserve the right to limit inclusion due to space and time constraints. Preference will be given to advertisers and submissions received before the deadline.

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3:00-3:50pm—Silver Waltz

4:00-4:50pm—Silver ChaCha

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GROUP CLASS SCHEDULE

JANUARY (\$12 PER CLASS)	FEBRUARY (\$12 PER CLASS)
<u>TUESDAYS:</u> 7:15pm—Beginner Foxtrot	<u>TUESDAYS:</u> 7:15pm—Beginner Tango
<u>WEDNESDAYS:</u> 7:15pm—Beginner Rumba	<u>WEDNESDAYS:</u> 7:15pm—Beginner Salsa

ZUMBA FITNESS CLASS SCHEDULE

WEDNESDAYS—8am

SATURDAYS—10am

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SPECIAL EVENTS & UPCOMING COMPETITIONS

Jan. 6, Fri. - Salsal Caliente! Caberet, Concert & Dance Party w/ Tony Maldonado y Su Orquestra & Elvis Bonilla y Su Orquestra, Painted Bride Art Center, Philadelphia, PA, 215-925-9914 **(see ad)**

Jan. 8, Sun. - Rythmic Society Dinner Dance w/ Kevin Kelton Orchestra, William Penn Inn, Gwynedd, PA, 215-453-8097, tgulla@verizon.net **(see ad)**

Jan. 13, Fri. - Dupont Country Club Dinner Dance, Wilmington, DE, reservations by 1/13, 302-421-1747

Jan. 13-15, Fri.-Sun. - Manhattan Amateur Classic, New York, NY, qualifying event for 2012 Nationals, www.nyusadance.org, 917-969-0466

Jan. 14, Sat. - Jive and Paso Doble Technique Workshops w/2010 North American Pro Latin Champ, Lana Roosiparg, Lansdale, PA, www.blscd.com, 215-855-2711 **(see ad)**

Jan. 14, Sat. - Quickstep Inc. Gala Ball, Showcase, & Dinner, Quickstep, Inc. Studio, Ardmore, PA, trudysellers4@gmail.com, 610-649-6655

Jan. 14, Sat. - Academy of Ballroom Dancing Dinner Dance Party w/ Brass Tacks Orchestra, Adelphia Grand Panathenian Ballroom, Deptford, NJ, 609-645-2010, www.academyofballroomdancing.net **(see ad)**

Jan. 14, Sat. Rhythm & Smooth Technique Workshop w/Ilya & Amanda Reyzin, Rhythm Dancesport Center, Southampton, PA, www.rhythmdancesport.com, 215-355-5345 **(see ad)**

Jan. 21, Sat. - Tango Technique Workshop w/former North American Champ, Rita Gekhman, Lansdale, PA, www.blscd.com, 215-855-2711 **(see ad)**

Jan. 21, Sat. - Unity Milonga w/live music, Ethical Society Bldg., Philaelpia, PA, 267-320-5210

Jan. 22-29, Sun.-Sun. - Stardust Cruise V on Royal Caribbean's Adventure of the Seas, www.stardustdance.com, 800-537-2797

Jan. 28, Sat. - Dupont Country Club Dinner Dance, Wilmington, DE, reservations by 1/26, 302-421-1747

Jan. 27-29, Fri.-Sun. - Freedom Swing Dance Championship, Airport Ramada, Philadelphia, PA, www.freedomswingdance.com

Jan. 27-29, Fri.-Sun. - Northeastern Open Dancesport Invitational Championships, Stamford, CT, www.neodancesport.com, 860-563-2623

Feb. 2-5, Thur.-Sun. - Maryland Dancesport Championships, BWI Marriott, Centreville, MD, www.marylanddancesport.com, 443-62-9120

Feb. 4, Sat. - Dupont Country Club Dinner Dance, Wilmington, DE, reservations by 2/2, 302-421-1747

Feb. 11, Sat. - Cha Cha Technique Workshop w/2010 North American Pro Latin Champ, Lana Roosiparg, Lansdale, PA, www.blscd.com, 215-855-2711 **(see ad)**

Feb. 12, Sun. - Academy of Ballroom Dancing Valentine's Dinner Dance w/ Brass Tacks Orchestra, Adelphia Grand Panathenian Ballroom, Deptford, NJ, 609-645-2010, www.academyofballroomdancing.net **(see ad)**

Feb. 12, Sun. - Vintage and Traditional Couple Dancing, Cinnaminson, NJ, betz.mc@verizon.net, 215-222-4557

Feb. 14, Tues - BLSDC Valentine's Day Dinner Dance, Williamson Restaurant, Horsham, PA, www.blscd.com, 215-855-2711 **(see ad)**

Feb. 17, Fri. - Dupont Country Club Dinner Dance, Wilmington, DE, reservations by 2/15, 302-421-1747

Feb. 24-26, Fri.-Sun. - Second Annual American Style Congress & New York Dance Festival, New York, NY, www.nydancefestival.com

Feb. 25, Sat. - Viennese Waltz Technique Workshop w/former North American Champ, Rita Gekhman, Lansdale, PA, www.blscd.com, 215-855-2711 **(see ad)**

Feb. 25-26, Sat.-Sun. - Mid-Atlantic Championships, Bethesda, MD, qualifying event for 2012 Nationals, www.usadancedc.org, 202-331-9200

Mar. 2, Fri. - Salsal Caliente! Caberet, Concert & Dance Party w/live music, Painted Bride Art Center, Philadelphia, PA, 215-925-9914 **(see ad)**

Mar. 11-18, Sun.-Sun. - Stardust Cruise VI on Royal Caribbean's Adventure of the Seas, www.stardustdance.com, 800-537-2797

Mar. 17, Sat. - Baltimore Dancesport Challenge, BWI Airport Westin, Linthicum Heights, MD, www.baltimoredancechallenge.com, 240-535-2669

Mar. 22-25, Thur.-Sun. - Tri-State Challenge Dancesport Championships, Marriott Hotel, Stamford, CT, www.tristatechallenge.com, 772-468-2900

Mar. 30-Apr. 1, Fri.-Sun. - 2012 USA Dance National DanceSport Championships, Renaissance Harborplace Hotel, Baltimore, MD, www.usadancenationals.org

Apr. 20-22, Fri.-Sun. - Philadelphia Festival & Atlantic Coast Dancesport Championships, Airport Marriott, Philadelphia, PA, www.phillyfestival.info, 856-546-5077

Apr. 27-29, Fri.-Sun. - Stardust Dance Weekend w/Joey Thomas Big Band, Honor's Haven Resort & Spa, Ellenville, NY, www.stardustdance.com, 800-537-2797 **(see ad)**

May 3-6, Thur.-Sun. - Dance Vision Dance Camp Los Angeles, Airport Hilton, Los Angeles, CA, www.masterycamps.com **(see ad)**

June 3-8, Sun.-Fri. - Dance Vision Dance Camp Las Vegas, Paris Hotel & Casino, Las Vegas, NV, www.masterycamps.com, 800-851-2813 **(see ad)**

Aug. 28-Sep. 6, BLSDC Mediterranean Memories Dance Cruise on Cunard Queen Elizabeth, London, Seville, Palma, Barcelona, Monte Carlo, Florence/Pisa, Rome, www.DancingAtTheYMCA.com, 215-855-2711 **(see ad)**

Mar.12-30, 2013 BLSDC Panama Canal Dance Cruise on Cunard Queen Elizabeth, Los Angeles, Puerto Vallarta, Nicaragua, Costa Rica, Curacao, Grand Cayman, New York, www.DancingAtTheYMCA.com, 215-855-2711 **(see ad)**

Listings are included here free of charge, space allowing. Preference is given to our advertisers and events we judge of interest to dancers in the tri-state area surrounding



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Touching Lives with Wheelchair Dancing

By Jillian Zacchia

For dancers, injury is their greatest fear, but, for the injured and disabled, Aubree Marchione believes their greatest hope is dance. Aubree has been teaching and participating in wheelchair ballroom for several years and is testament to its advantages; however, she recently decided to produce a documentary which showcases proven benefits of wheelchair dancing with the hope of spreading awareness and reaching out to countless more who are wheelchair bound.

“Wheelchair dancing originated in Europe in the 60’s and became very popular over there,” says Aubree, who explains that there are “two different types of wheelchair dancing: combi style, which is when a person without a disability dances with a person in a wheelchair, and duos, which is when two people, both in wheelchairs, dance together.”

Aubree has done her part in promoting wheelchair ballroom and Latin dance, her specialty within the wheelchair dancing field. On October 25, 2011, Aubree and her dance partner, Nick Scott, performed at the Jewish Foundation for Group Home’s “Evening of Dancing with the Stars,” where the pair got to showcase their samba dance skills in front of 2000 people, including some of *Dancing with the Stars*’ professionals and contestants, thanks to the non-profit organization that supports those with disabilities.

“Dancing with Nick is inspirational,” states Aubree. “In a matter of years, we’ve had the opportunity to spread so much awareness about wheelchair dancing and I hope it leads to others getting involved in the sport.” Nick, a wheelchair bodybuilder, “is an icon in the fitness industry right now,” Aubree continues. The two met at the Arnold Sports Festival in 2009, where Aubree was hosting for 2B Entertainment, the production company that is producing the upcoming wheelchair dance documentary. She invited him to take dance lessons with her and reports that “he flies from Kansas, every month, to practice with me and learn the new choreography.” They have won first place in the Latin division for both the Atlantic Coast



Dancesport Championships in Philadelphia in June, 2010 and the Heart of America Dancesport Championships in Kansas in August, 2010.

“In those competitions, there were about eight couples each,” admits Aubree, “but over in Europe, we were the first couple to ever represent the United States of America in a World Wheelchair Dancesport Championship.” Aubree and Nick competed against 22 nations and over 200 couples in the World Paralympic Wheelchair Dance Sport Championship in Germany in November, 2010.

Since then, Aubree has put her talents to use by choreographing for feature films and commercials, such as the upcoming feature film, *Musical Chairs*, and in producing the award-winning documentary, *Perspective: the Nick Scott Story*, with 2B Entertainment. She’s now combining her choreography and production skills for a documentary on wheelchair dancing’s benefits.

The documentary is focused around a course given by American DanceWheels Foundation, a non-profit organization that teaches both students and teachers like Aubree how to wheelchair ballroom dance. A group of young veterans in California invited the organization to teach a pilot course during 2012, where they would show the effects of the program by conducting a study on the mental, physical and social benefits of the activity. “If they find positive results,” explains Aubree, “this will open doors for wheelchair dancing to be a form of rehabilitation in rehab hospitals and health facilities instead

of just a form of recreation.” She continues, “I’m very confident that they’re going to find positive results. I’ve seen it over and over again with all my groups.”

Aubree goes on to list the physical, social and mental benefits of the activity. In terms of physical benefits, she says that “students have come to me who couldn’t move quickly or even lift their arms and, after a few months, I’ve seen them get stronger in their core, in their arms, and improve their posture.”

The activity also helps socially because wheelchair dancing is a way for people with disabilities to go out with their families and friends, meet new people, and socialize. Sometimes socializing is hard for people who acquire a physical disability later in life, and this is a way for them to be part of society again. This activity integrates disabled people with able-bodied people and that’s really important.” Lastly, it helps mentally because “dancing helps you focus by learning the steps, by leading or following your partner and dancing, in general, is proven to help Alzheimer’s and other mental diseases.”

This documentary and study will help give credibility to these claims, but, to this dancer, “it’s already been proven; we’ve seen it with our own eyes.”

Hoping that the public will see it with their own eyes, as well, Aubree admits that, in order to reach people across North America, she needs to raise funds. She’s optimistic, focusing not on the financial aspects of production, but on the need to raise awareness for the sake of spreading help and hope.

“The documentary is going to educate people with disabilities and their families, health professionals, dancers, and the general public about wheelchair dancing, and it’s going to get dance teachers interested in teaching this form of dance in their schools.” Right now, there is a limit to who can learn, depending on where they live. American Dance Wheels Foundation, which is the organization associated with

(Continued on page 17)



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Touching Lives with Wheelchair Dancing

(Continued from page 15)

the documentary, has multiple facilities throughout the United States and several locations in Canada and the UK (www.americandancewheels.org), but Aubree says that she gets calls all the time from people asking whether she knows a teacher in their area and, sadly, she doesn't. "We want to spread it out, and we want it to be available," she says.

Teaching or taking a wheelchair ballroom course is inexplicably rewarding and Aubree recounts a touching story of a wedding couple whom she recently instructed. "They said they wanted to try dancing, but the groom got hurt in an accident and they weren't sure how the dance would turn out. When they started taking lessons, the bride said to me, 'I can't believe we're actually dancing for our wedding - this is what I've always wanted. I always wanted to feel like a princess and dance with the love of my life, and it's happening.'" After videotaping their last lesson, Aubree relates, "I played back the video for them and they both started to cry. They were very happy to have their dream come true."

In order to touch more lives and have more stories like this wedding couple, the documentary will be made to "spread awareness and let people know that there is a different kind of rehab that will be available, and that wheelchair ballroom is out there as a form of recreation that *does* help people."

Anyone who would like to contribute to the documentary can mail a check to 2B Entertainment LLC, 535 David St., South Amboy, NJ 08879. A donation can also be made to American DanceWheels Foundation targeting the tax-deductible donation for the 2B Entertainment documentary.

BITS AND PIECES

of News of Potential Interest to Delaware Valley Dancers

- Congratulations to **Mazan Hamza** and **Izabella Jundzill** for making the finals in the World Professional Smooth Championships and to **Ilya and Amanda Reyzin** for making the finals in the World Professional Rhythm Championships at the Ohio Star Ball in November.
- **American DanceWheels Foundation** coordinated a class project at Widener Memorial School where wheelchair bound students and standing partners from Temple University and Drexel University danced and sang to Lady Gaga's "Born This Way." Check out the fun at: <http://www.youtube.com/watch?v=zBPmBS3dn0U>
- **American DanceWheels Foundation** is heading to the **Veterans Research Hospital** in Palo Alto, CA in 2012 to conduct a six-week pilot program and a documentary on the benefits of wheelchair dancing. It is *looking for volunteer standing partners* as well as *amateurs and professionals in the San Francisco Bay area to take the Wheel One™ dance course in order to teach the program* when ADF and the film crew leave. You can contact them through its web site www.AmericanDanceWheels.com. Tax-deductible donations can also be made at this site.

Taking Their Turn on the Silver Screen

(Continued from page 1)

Thus, when Matthew first conjured the dance scene in his novel about a man just released from a mental hospital and desperate to reconcile with his ex-wife, he was, in his words, "going for laughs."

"Pat Peoples (Bradley Cooper) dancing was my fish out of water," says Matthew. "Lots of jokes were instantly born. The outfits Pat and Tiffany (Jennifer Lawrence) wear during the dance competition and Tiffany's choreography are equally bizarre and over-the-top. Hilarious, in a sad, quirky, and hopefully endearing way. But, as I wrote the scenes, I began to see that dancing was not only healthy for Pat, but therapeutic. In many ways, the ridiculous way Pat felt while dancing - expressing his emotions through movement - was akin to the way I felt when I started writing seriously and telling people that I was a fiction writer. Mostly, I imagined Pat and Tiffany as emotionally vulnerable - maybe for the first time - while dancing. Art saves!"

Dance, too, saves; and, for Jan and Lana, this first turn on a movie set has laid the groundwork for more opportunities. "So many great things are now lining up for us," says Jan. "We are definitely taking these opportunities to help us meet our goal of deeply influencing the world of dance and how it is perceived by others."

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The deadline for each issue is usually the 20th of even months (e.g. February 20 for the March/April issue which will be available to readers by March 1st).

For more information, call (215) 855-2711,
email: dancespotlight@blsdc.com,
or fax (215) 855-3482.

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Vivian Beiswenger, Editor
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Diane J. Weinberg, Associate Editor

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The Delaware Valley Dance Spotlight is a publication of the Ballroom, Latin, and Swing Dance Center (BLSDC). It is distributed on our website (www.blsdc.com or www.DancingAtTheYMCA.com) **free of charge** with notification of each issue's availability to all dancers on our email list (**there is no charge to be on our mailing list**). Published every two months, our goal is to provide the most current and complete information available at the time of publication about ballroom, Latin, swing, and hustle/disco dance and special events for the tri-state area surrounding Philadelphia, PA.

Check out our **centerfold calendar of places to dance in the Delaware Valley**. Listed on these pages are **vendors who provide discounts to USA Dance or BLSDC members**. On the page preceding the calendar, you can find **contact information for each of these dance locations**. We also list **special events**, such as **dinner dances, dance weekends, dance competitions, dance cruises, and special workshops with visiting masters** on our *Special Events* page(s). *Organizers of these events are not charged for listings* in order to make them as complete as possible for you, our readers. In fact, unlike many other dance listings, with the assistance of Diane Weinberg, we spend a considerable amount of time in collecting information and contacting organizers to make sure that the information that we provide is as accurate and complete as possible at the time of publication. We also provide **articles of interest** and a free voice for the **Delaware Valley Chapter of USA Dance**.

We encourage recipients to forward this information to others who might be interested and/or to post it on their websites unedited. Excerpts may be reprinted as long as credit is given to *The Delaware Valley Dance Spotlight*, including the issue months and year and a reference to our website (www.DancingAtTheYMCA.com) to get the complete publication. Exceptions, reprints of articles, or more information can be requested through the Editor, Vivian Beiswenger, at dancespotlight@blsdc.com or at 255 Hawthorne Circle, North Wales, PA 19454, or by calling 215-855-2711.

We invite submissions for publication, but reserve the right to edit the final documents for size, content, or interest to our readers. **Note: We do not sell or re-distribute our mailing list to anyone.** To receive or access your free copy of *Dance Spotlight*, click on the mailing list option on www.DancingAtTheYMCA.com, or send your email address to dancespotlight@blsdc.com, requesting to be added to our mailing list and/or our deadline notification list.

If you wish to receive a black and white paper copy of the newsletter mailed to you, please send a check or money order for \$40 payable to BLSDC to Vivian Beiswenger, *Dance Spotlight* Editor, 255 Hawthorne Circle, North Wales, PA 19454 along with your name, address, phone number(s), and email address(s).



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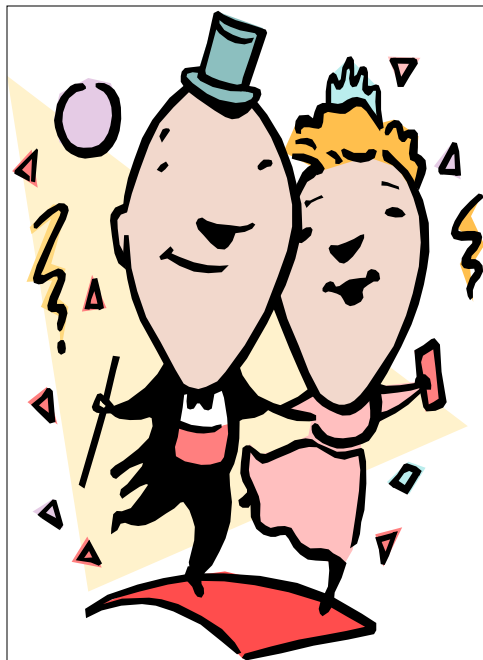
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1/8/12	Sun. 12:45-1:25 PM	Beginner Samba	La Crest/Beiswenger	8	\$88
1/15/12	Sun. 11:15-11:55 AM	Beginner/Intermediate West Coast Swing	NP YMCA/Boyle	8	\$88
1/15/12	Sun. 12:15-12:55 PM	Beginner/Intermediate Hustle	NP YMCA/Boyle	8	\$88
1/15/12	Sun. 1:00-1:40 PM	Intermediate/Advanced Hustle	NP YMCA/Boyle	8	\$88
1/15/12	Sun. 1:45-2:25 PM	Intro. to Hustle	NP YMCA/Boyle	8	\$88
1/8/12	Sun. 5:15-6:40 PM	Beginner Latin (Merengue, Rumba, Cha Cha)	IV YMCA/Beiswenger	8	\$156
1/9/12	Mon. 7:45-9:55 PM	Adv. Beg./Intermediate Ballroom & Swing	NP YMCA/Beiswenger	8	\$234
1/9/12	Mon. 7:45-8:25 PM	Adv. Beg./Intermediate (Waltz/Foxtrot)	NP YMCA/Beiswenger	8	\$88
1/9/12	Mon. 8:30-9:10 PM	Adv. Beg./Intermediate Swing/Jitterbug	NP YMCA/Beiswenger	8	\$88
1/9/12	Mon. 9:15-9:55 PM	Beginner/Intermediate American Tango	NP YMCA/Beiswenger	8	\$88
1/3/12	Tues. 6:30-7:10 PM	Beginner/Intermediate Jive	NP YMCA/Roosiparg	8	\$104
1/3/12	Tues. 7:15-7:55 PM	Intermediate/Advanced Int'l Rumba	NP YMCA/Roosiparg	8	\$104
1/3/12	Tues. 8:00-8:40 PM	Intermediate/Advanced Samba	NP YMCA/Roosiparg	8	\$104
1/3/12	Tues. 8:15-9:10 PM	Intro. to Silver Waltz & Foxtrot	La Crest/Beiswenger	8	\$104
1/4/12	Wed. 6:30-8:40 PM	Beginner Waltz/Foxtrot, Swing, & Salsa	NP YMCA/Beiswenger	8	\$234
1/4/12	Wed. 6:30-7:10 PM	Beginner Waltz/Foxtrot	NP YMCA/Beiswenger	8	\$88
1/4/12	Wed. 7:15-7:55 PM	Beginner Swing	NP YMCA/Beiswenger	8	\$88
1/4/12	Wed. 8:00-8:40 PM	Beginner Salsa	NP YMCA/Beiswenger	8	\$88
1/4/12	Wed. 8:45-9:25 PM	Adv. Beg. /Intermediate Salsa	NP YMCA/Beiswenger	8	\$88
1/5/12	Thur. 6:30-9:25 PM	Intermediate/Advanced Amer. Smooth	NP YMCA/Beiswenger	8	\$312
1/5/12	Thur. 6:30-7:25 PM	Intermediate Silver/Gold Waltz/Foxtrot	NP YMCA/Beiswenger	8	\$104
1/5/12	Thur. 7:30-8:25 PM	Intermediate/Advanced American Tango	NP YMCA/Beiswenger	8	\$104
1/5/12	Thur. 8:30-9:25 PM	Intermediate/Advanced Quickstep	NP YMCA/Beiswenger	8	\$104
1/5/12	Thur. 7:45-8:40 PM	Beginner/Intermediate Argentine Tango	La Crest 2 nd Fl./Graham	8	\$104
1/7/12	Sat. 9:00-10:25 AM	Beginner Ballroom (W/F) & Swing	NP YMCA/Beiswenger	8	\$156
12/3/11	Sat. 2:00-5:30 PM	Foxtrot Technique Workshop	La Crest 3 rd /Gekhman	1	\$89
12/17/11	Sat. 2:00-5:30 PM	Samba Technique Workshop	La Crest 3 rd /Roosiparg	1	\$56
1/14/12	Sat. 2:00-5:30 PM	Jive & Paso Doble Technique Workshops	La Crest 3 rd /Roosiparg	1	\$56 Both
1/21/12	Sat. 2:00-5:30 PM	Tango Technique Workshop	La Crest 3 rd /Gekhman	1	\$89
2/11/12	Sat. 2:00-5:30 PM	Cha Cha Technique Workshop	La Crest 3 rd /Roosiparg	1	\$56
2/25/12	Sat. 2:00-5:30 PM	Viennese Waltz Technique Workshop	La Crest 3 rd /Gekhman	1	\$89

No classes for Donna Boyle on February 5 or March 4. No classes on Valentine's Day. No classes in Lansdale January 28-29.

Locations: NP YMCA, 608 E. Main St., Lansdale, PA; La Crest Health Center, 624 E. Main St., Lansdale, PA;
IV YMCA, 890 Maple Ave, Harleysville, PA; Admin. Offices & Beiswenger Studio, 255 Hawthorne Circle, North Wales, PA

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Limited to 16 dancers - Register Early

\$104 for 8-week series; \$16 per class as walk-in
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2-5:30 PM with 1/2 hour break at 3:30 PM

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