

Tulsa Country Western Dance Assn.



Ph. 663-9963

www.tcwda.net

Email: tcwda@cox.net



July & August 2005



NO CLASS JULY 4TH

*We hope everyone has a safe Holiday
and hope you join us at*

*VJ & Sharon's Annual Cookout and
walk To Riverparks to watch
fireworks.*

*Congratulations to
Debbie Hefner & Mike Rogers
Please come join us to attend their
Wedding on July 16th*



**Mike & Debbie's wedding shower is June 25th,
We hope you can make it to help them start off a
new life together.**

**More information is on our website for these
upcoming events.**



Healthy Dance Tips

Burns calories, no fat no sugar!
Increases Energy
Lowers Blood Pressure
Increases lung capacity & respiratory function
Increases muscle tone
Improves posture
Improves mental health and attitude
Reduces stress and depression
Improves sleep & increases vigor
Helps overcome social awkwardness
Makes meeting new people easier
Improves self-esteem and confidence
It's a fun activity men & woman can do together

Two-Step - July & August



July 22-24

*Eureka Springs Trip Coming up, Make
your Reservations as soon as possible.*

July 1st Deadline

**Sign up today. Information for Hotel and
show tickets are at the desk and on the web
site. If you need more information see
Bob or Lucy.**

**Bob and I would like to Thank
VJ & Sharon
For the Wonderful Birthday Cake they
brought to class.**

**Also we would like to Thank
Neoma Keeler
Who made us a beautiful cake and brought
it to the Caravan.
Thank You so much, Words can never say
how much we appreciated it .**

Line Dances

7-11	Boot Scoot'n Boogie
7-18	T-Town Boogie
7-25	Ski-Bumpus
8-1	Hoochie Mama
8-8	Bus Stop/Elec. Slide
8-15	Wild Wild West
8-22	Tush Push
8-29	Tootsie Roll



See You on the Dance Floor!

Bob