

## National Square Dance Society of Australia

Facebook Co-ordinator

AGM Report 26<sup>th</sup> September 2021

Square Dancing in Australia Facebook page was developed to provide a platform to encourage new dancers to square dancing. As at December 2020 Square Dancing in Australia was administered by Jason & Leanne Nicholson & Brenda Cockburn.

On 19<sup>th</sup> March 2021 Rosalind Todd VP National Society was given administration privileges to this site and Jason & Leanne Nicholson & Brenda Cockburn withdrew from this page. Sasha Boon (Victoria) was later added as an editor and then later as an administrator.

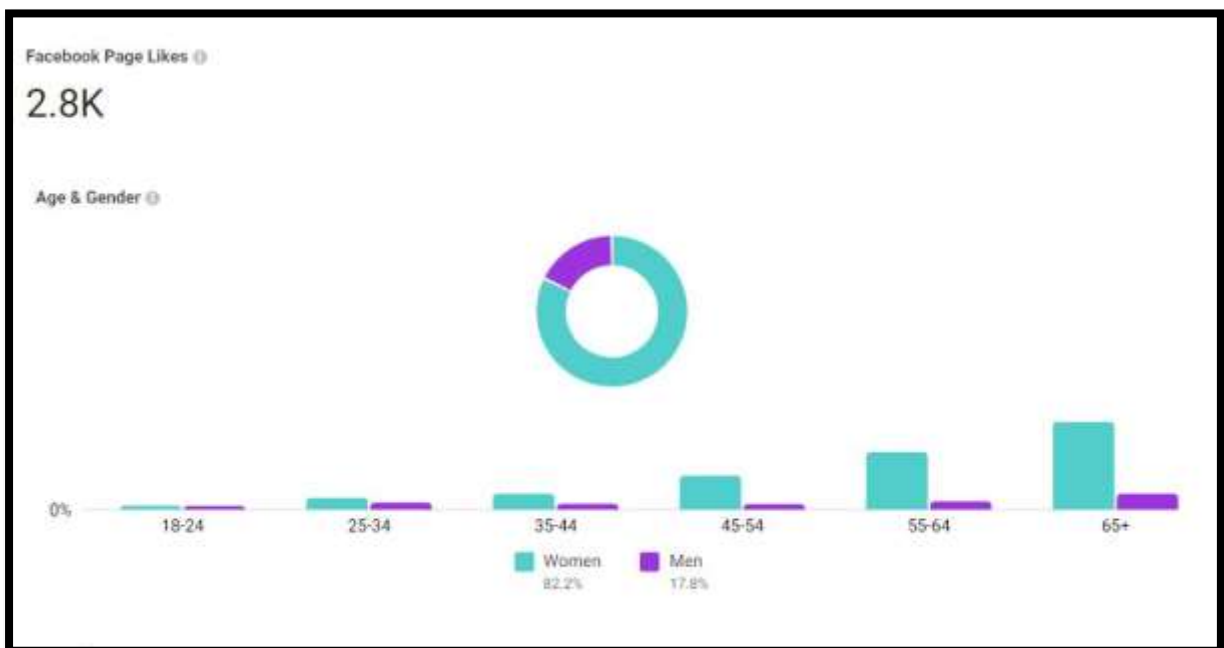
There are a limited number of leaders who utilise the function of this page to promote to new dances. Both administrators repost new dancer information from other pages as appropriate and answer any enquiries.

This page is also linked to the National Society webpage.

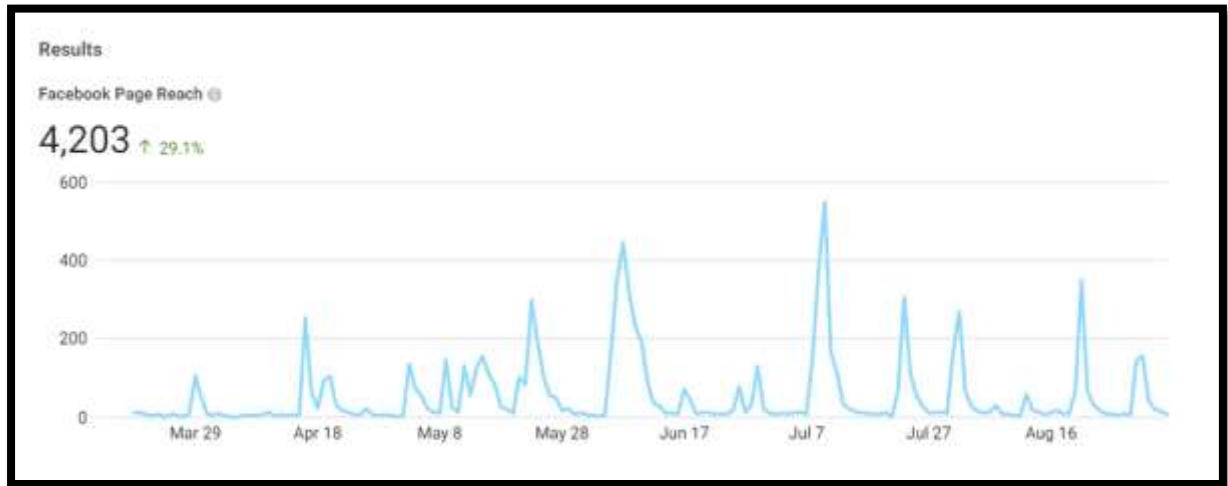
Below are some of the statistics that this page generates:

Please note the data provided is only as good as the information provided by Facebook users.

### Age and Gender



Results from March 19 to September 2021



 <p><b>This is why you should be s...</b> Thu Jul 8, 7:08pm Reach: 1.5K</p>	 <p><b>Now is the time to learn to s...</b> Sat Jun 5, 6:23pm Reach: 1.4K</p>	 <p><b>This could happen to you...!...</b> Wed May 12, 12:19am Reach: 564</p>
 <p><b>So much fun.....</b> Thu Jul 22, 11:14pm Reach: 550</p>	 <p><b>Don't say No till you give it a ...</b> Fri Aug 20, 11:16pm Reach: 426</p>	 <p><b>Check out the new dancers I...</b> Sun May 23, 7:43pm Reach: 355</p>

## Dancing Makes You SMARTER

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

**% = Reduced Risk of Dementia**

- 0% in Bicycling, swimming or playing golf
- 35% in Reading
- 47% in Doing crossword puzzles at least four days a week
- 76% in Dancing Frequently

**Dancing:**

- Reduces stress and depression
- Increases energy and serotonin
- Improves flexibility, strength, balance, endurance
- Strengthens bones and boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic and rapid-fire decision making, creates new neural paths.

David Avocado Wolfe  
*Celebrate Life Through Dance*

**I DON'T DANCE TO WIN COMPETITION NOR DO I DANCE TO OTHER PEOPLE'S TUNE I DANCE TO ESCAPE THIS WORLD I DANCE TO FIND PEACE WITH MYSELF I DANCE TO FEEL FREE AND I DANCE TO FEEL STRONG**



See our online Gift Merchandise  
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**Top Cities**

