# Come Learn

# MODERN SQUARE DANCING

## Monday, September 14, 2026

## 6:30pm - 8:30pm

## Free

### Reasons to Square Dance

**Casual Attire**
Cardiovascular **Fitness**
An excellent **stress reliever**
Gets your **body** and **brain** working
**Inexpensive, healthy** entertainment
You'll meet **great, active fun** people
Great **exercise & mental** stimulation
Square Dances are **smoke and alcohol free**
A place to let your **hair down and have fun**
An activity you can do as a **couple, individually, or with friends**

Live Lively–

Square Dance!

Caseyville Township Senior Center
10001 Bunkum Road
Fairview Heights, IL 62208

For More info:
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