

Photos From Recent Special Dances

The MODERN SQUARE



September 2026

E-Editions are released on the Sunday, after the last Saturday of the month, prior to the month of issue. You can download the e-Edition (full or compact)) at the **ASSDF website**, located at <https://www.arkansassquaredance.com/the-modern-square>

The Club Special Dance photos will be placed in a separate file each month, as will photos from recent **ASSDF Fall Festivals**.

Club Special Dances In The Last Month

Please email these assdfmodernsquare@gmail.com – please let me know who took the photos, as I want to give them credit, especially if they come from the club Facebook groups.

Due to **space limitations, photo quality, or page formatting**, I can't use all of them sent in, or from Facebook); but you can view them (and videos, where available) on the various Facebook pages (including the **Arkansas Square Dance** page, **The Three Amigos** page, the **Fall Festival** page, and the **Square Dance Events** group). Also, note that **not everyone** is on Facebook.

ASSDF Club Special Dances from late July through August 2026, downloadable at <https://www.arkansassquaredance.com/the-modern-square> are from the Facebook pages of the **Arky Cloggers**, **Levi's And Lace**, **Maverick Mixers**, **River City Squares**, **Southern Swingers**, **Star Steppers**, and the **Twirling Lariats**; plus the **Mountain Devils Square Dance Club**, the **Tennessee Square and Round Dance Convention**, the **New Kids Block Party**, **Spin Chain Spoofs**, the **Benefit Dance for Roy Hestand**, plus **Ted and Tonia Hofmeister's 50th anniversary and square dance celebration**.

Many thanks go to **Ginny Short**, **Amanda Hargrove-Throgmartin**, **Carole Baker**, **Mike and Lanita Hammett**, **Brent Mawdsley**, **Jody King**, **Corben Geis**, **Roger Garner**, **Ted and Tonia Hofmeister**, and to **Daryl Stout** for the photos.

First, several photos from the **Star Steppers July 27 dance**.



























Next, a few photos from the **Southern Swingers July 28 lessons.**





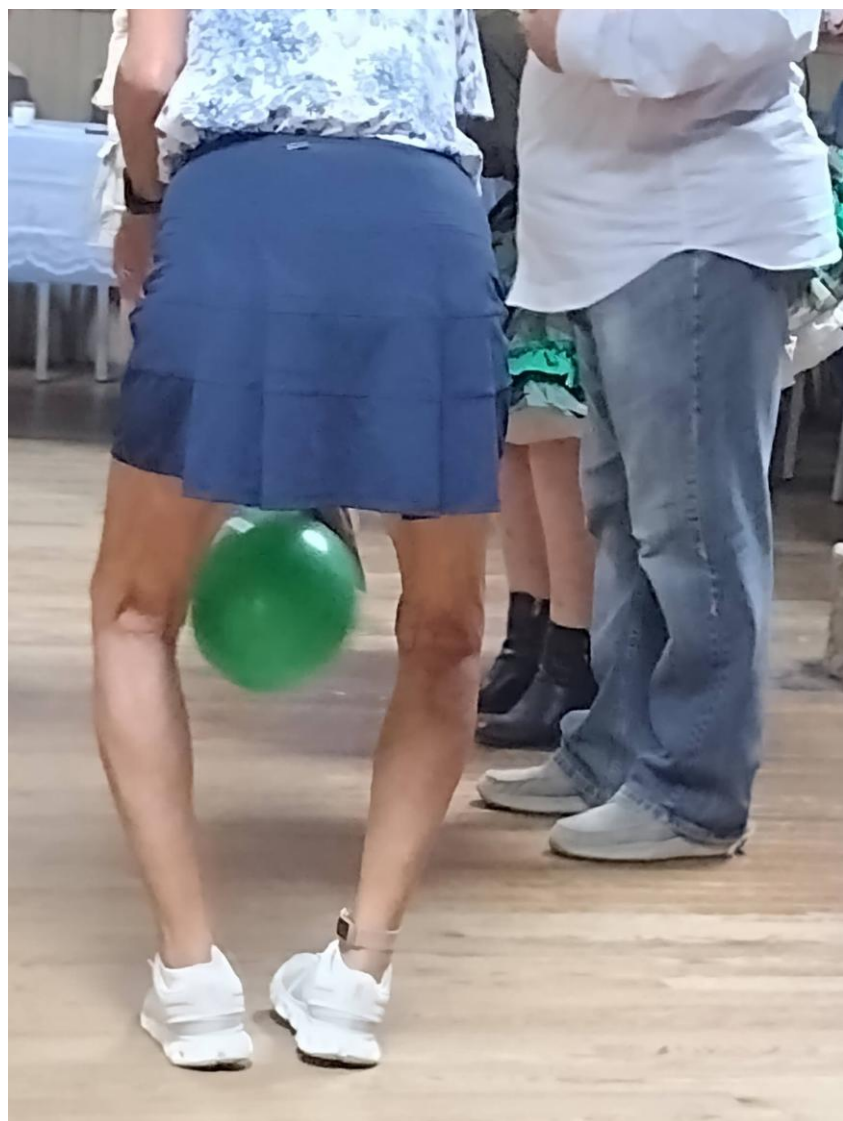


Next, several photos from the **Maverick Mixers Class Graduation**, where balloon-acy was the operative word!! 😊





































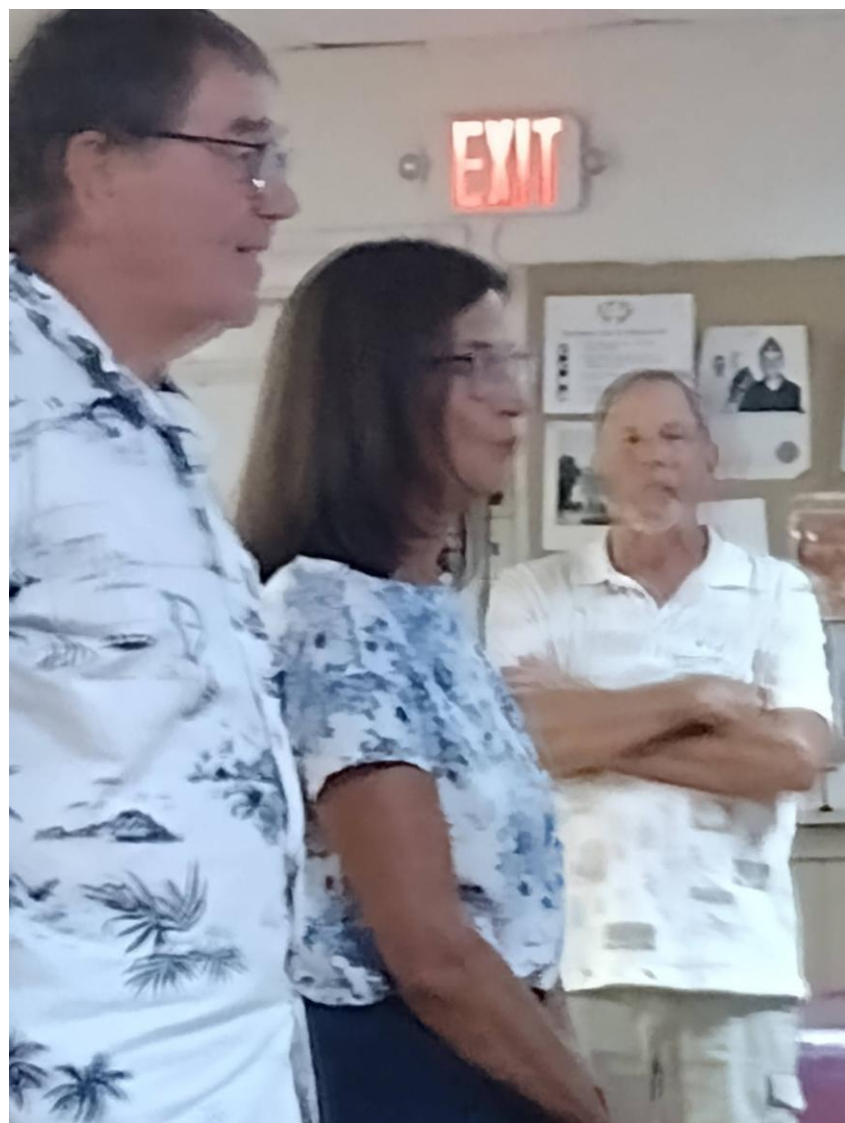




































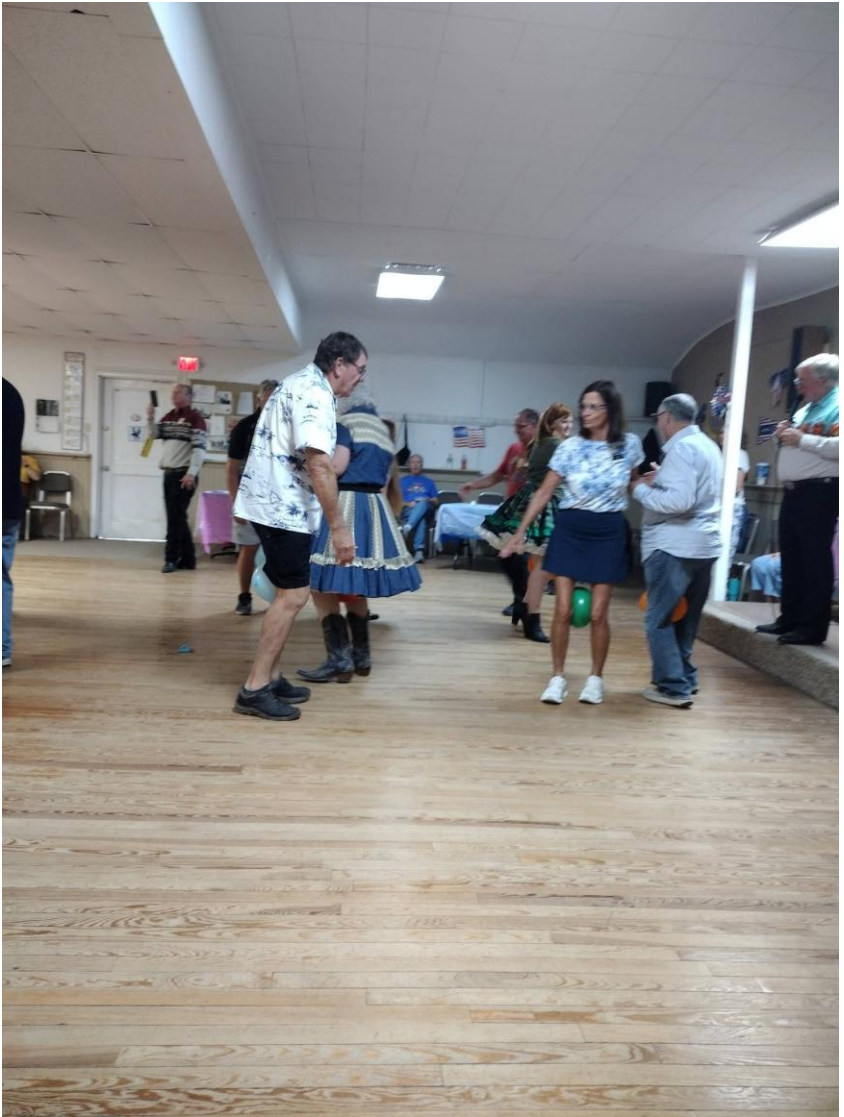


























Next, several photos from the **Twirling Lariats Beach Party Dance**.

























Next, several photos from the **Aug. 2 New Kids Block Party**.



From left to right above... **Phil Moorehouse, Lanita Pettet-Hammett, Keith Shelby, Donna Gellenbeck, Patti Cummings, Roger Garner, Amanda and Blake Throgmartin, and Joey Duhamel.**















Next, numerous photos from the **Southern Swingers Aug. 8 Special Dance**, with club caller **Joey Duhamel**.











































Next, several photos from the **Arky Cloggers** who were celebrating **National Clogging Day** at an event in Conway on August 8.



Happy
NATIONAL

Day of

CLOGGING

from the

ARKY CLOGGERS

in
Conway,
Arkansas



AUGUST 8TH













Next, several photos from the **Tennessee State Square And Round Dance Convention**, where 16 Arkansas dancers were in attendance.









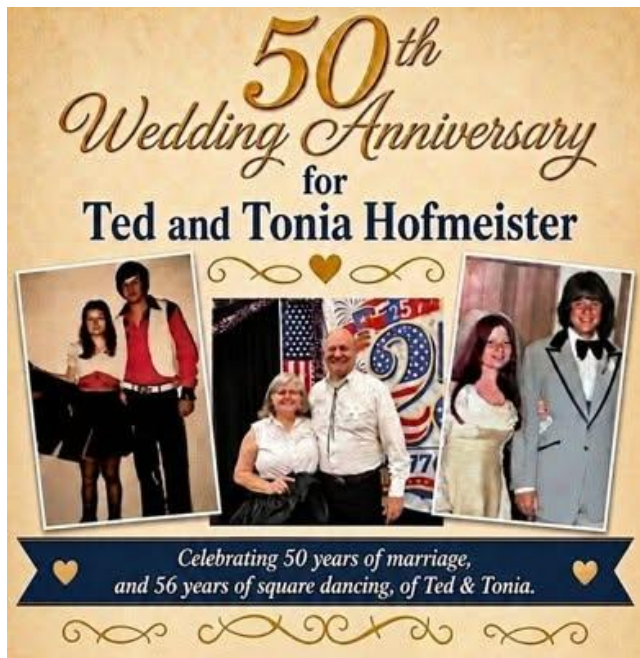
Next, a few photos from the **River City Squares Aug. 18, 2026 dance.**



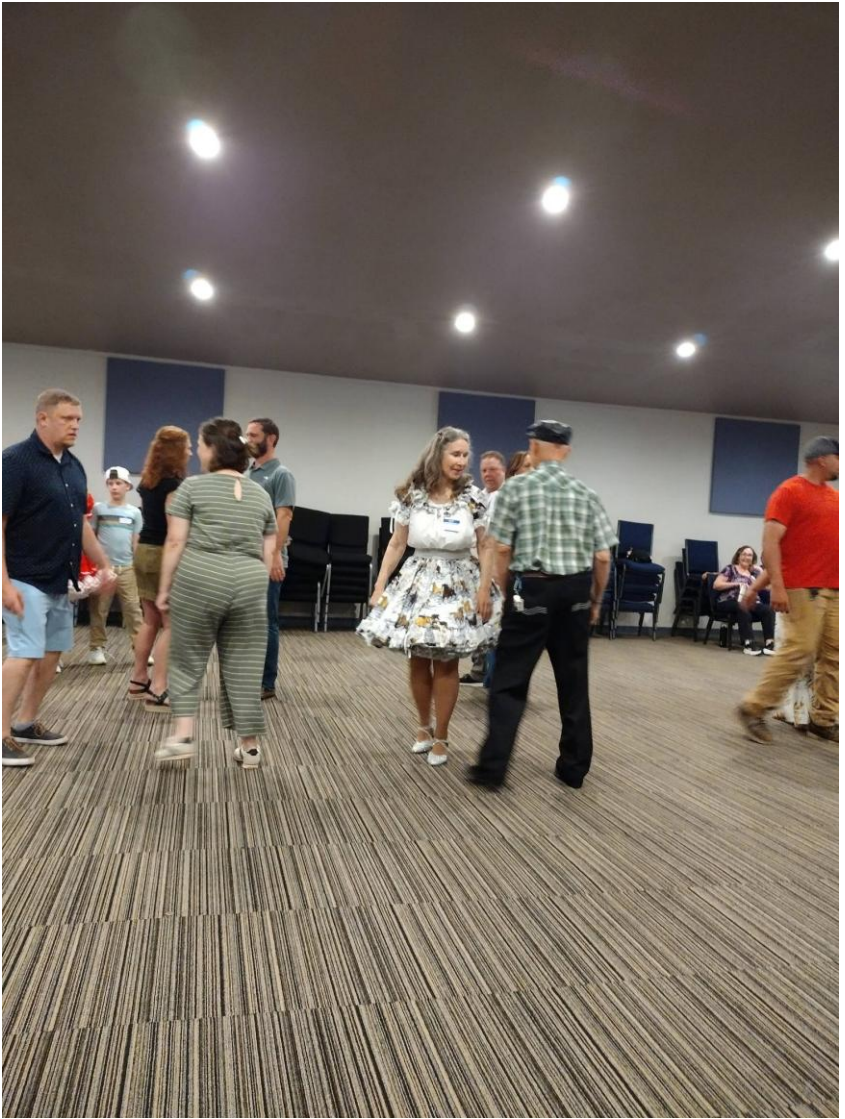




Next, several photos from the **50th Anniversary Celebration and Square Dance of Ted and Tonia Hofmeister.**

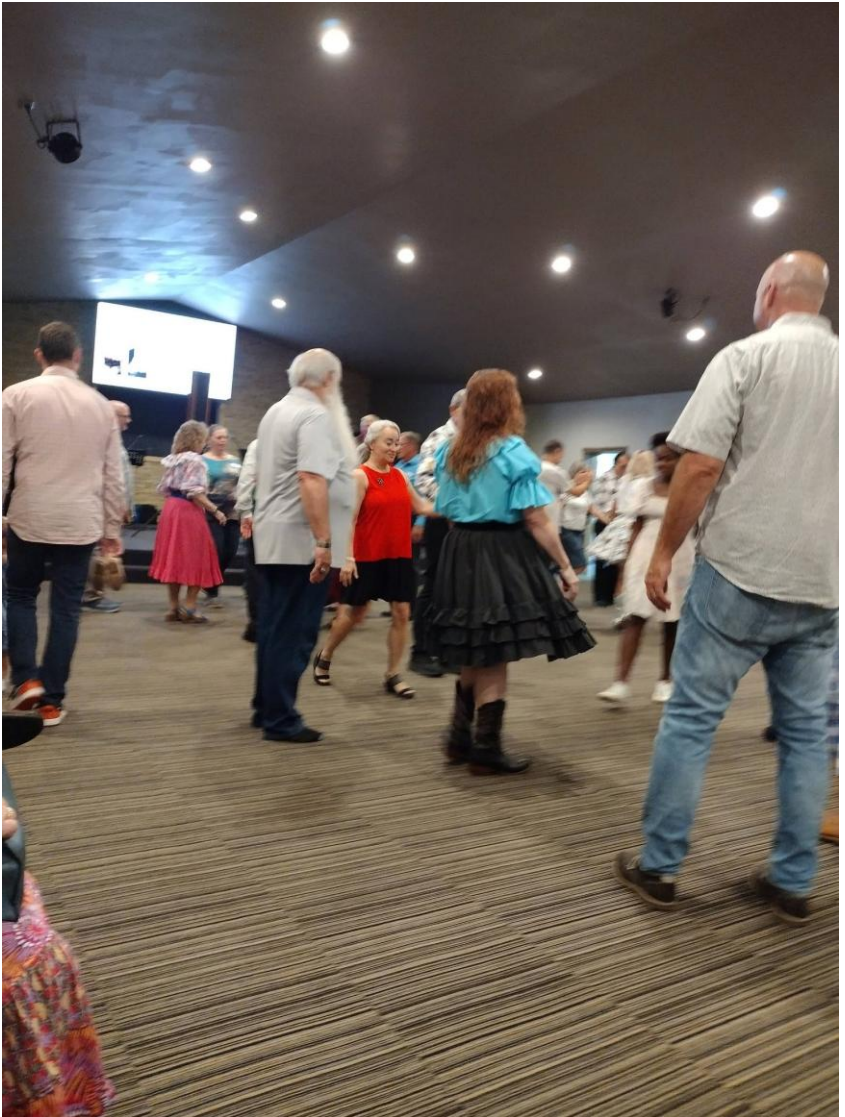
















Next, several photos from the **Twirling Lariats Tribute To Elvis and the 50s/60s Dance** on August 21.

























Next, numerous photos from the **Benefit Dance for Pioneers Caller Roy Hestand** on August 22.































































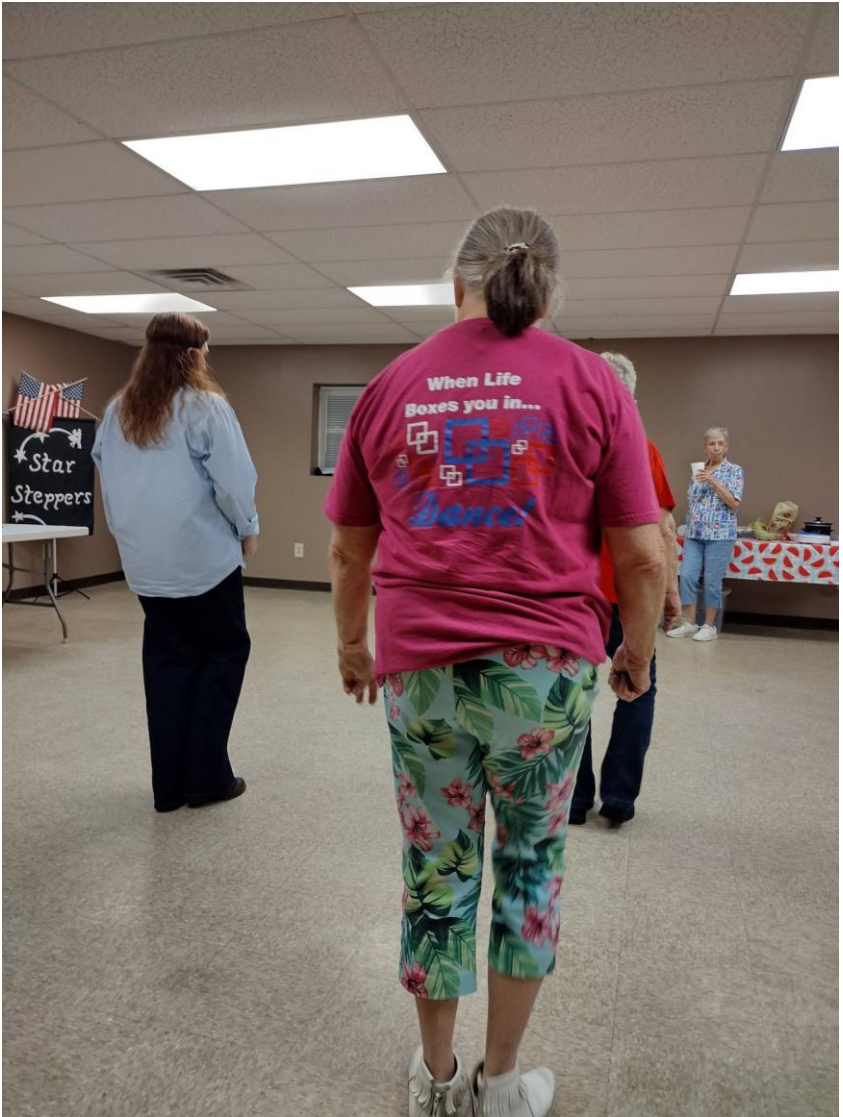






Next, numerous photos from the **Star Steppers Aug. 24** dance.





















































Next, several photos from the **Levi's And Lace Aug. 28 dance.**















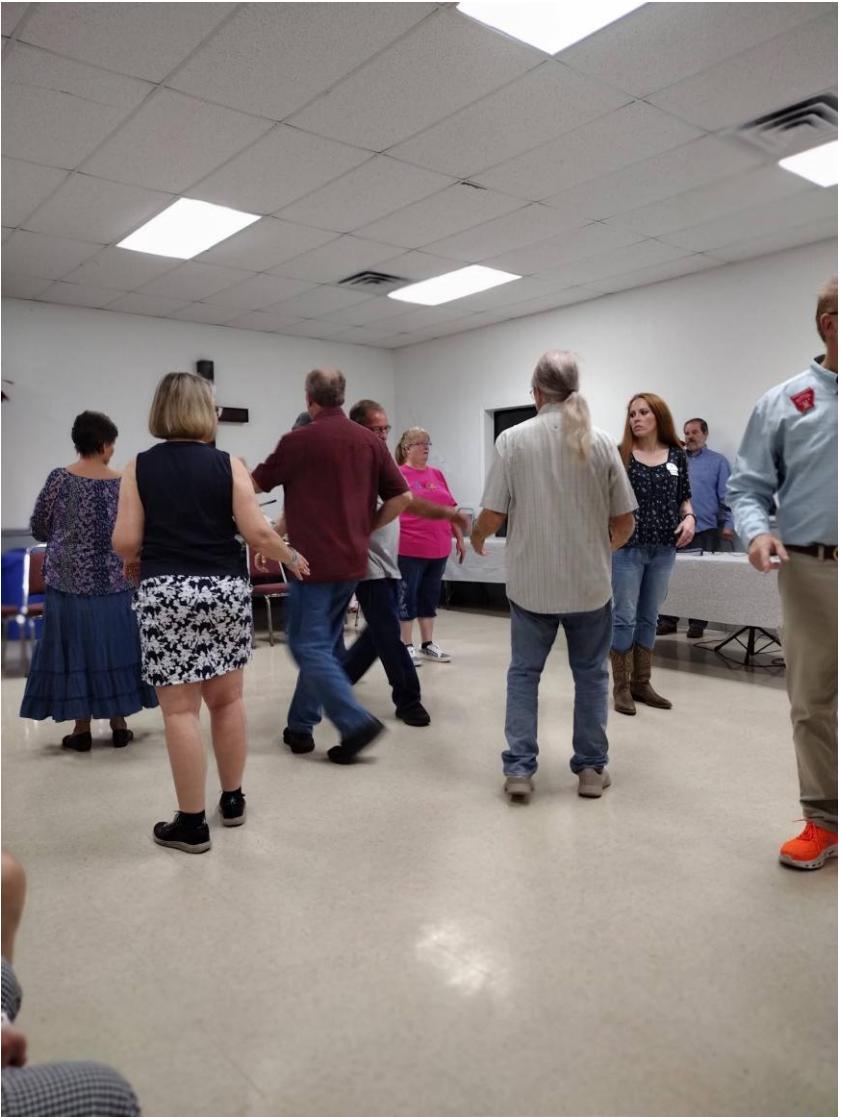






































Lastly, your Editor in his Train Conductors Outfit at the **2026 National Ham Radio Convention** in Huntsville, Alabama, August 21-23, 2026, representing the **Quarter Century Wireless Association (QCWA)**. He walked about as much as one would have walked at a Regional or National Square Dance festival!!



SPIN CHAIN SPOOFS



Square Dancing should be “a semi-contact sport”; but sometimes, it’s like you made contact with a semi, when you run into a fellow dancer!!

Men Ageing Without Square Dancing



AGE 40



AGE 50



AGE 60



AGE 70



AGE 80

Men Ageing With Modern Square Dancing



AGE 40



AGE 50



AGE 60



AGE 70



AGE 80

Benefits of Modern Square Dancing

1. Lifelong Friendships



Build lasting friendships in a welcoming, inclusive community where people of all ages come together to enjoy music, movement and companionship.

2. Healthy Brain



Learning and remembering dance movements keeps the brain active, improves concentration, and supports lifelong cognitive health.

3. Better Balance & Fitness



Improve balance, coordination, flexibility, cardiovascular fitness and overall wellbeing through enjoyable regular exercise.

4. Confidence & Wellbeing



Increase confidence, reduce stress, boost mood and experience the joy that comes from dancing with friends every week.

5. Active for Life



One of the few activities that can be enjoyed from young adulthood through your 80s and beyond, regardless of previous dance experience.

6. Fun, Music & Laughter



Every dance combines music, movement and laughter, creating a positive atmosphere that keeps people returning week after week.

Square Dancing – Where Fitness Meets Friendship

★ Stay Active • Stay Connected • Dance for Life ★

This applies equally to both men and women.

SQUARE DANCING

More Than Just Fun...

IT'S GOOD FOR YOU!

*One Step
at a Time!*



IMPROVES HEART HEALTH

Square dancing is a fun way to get your heart pumping, improve circulation and support overall cardiovascular health.



BOOSTS BRAIN POWER

Learning calls, steps and formations helps sharpen memory, improve focus and keep your mind active.



ENHANCES PHYSICAL FITNESS

Square dancing improves strength, balance, coordination, flexibility and endurance – all while having fun!



REDUCES STRESS & LIFTS MOOD

The music, movement and friendships help reduce stress, boost mood and bring happiness!



BUILDS CONNECTIONS

Square dancing is a great way to meet new people, make friends and be part of a welcoming community.



INCREASES CONFIDENCE

Master new moves in a supportive environment and enjoy the confidence that comes with progress.



FUN FOR ALL AGES

No partner needed! Square dancing is welcoming, inclusive and perfect for any age or ability.



SUPPORTS LONG-TERM HEALTH

Regular physical activity helps maintain mobility, balance and bone density as we age.

*Great Music.
Great People.
Great Benefits!*

★ **STEP INTO A SQUARE. HAVE FUN!** ★

Your Body, Mind & Soul Will Thank You!

★ NO PARTNER NEEDED • ALL LEVELS WELCOME • JUST BRING YOUR SMILE! ★



If, for whatever reason (duplicate emails, no longer interested, no longer dancing, etc.), you decide that you **no longer want emails** concerning the releases of **The Modern Square**, or **ASSDF Club Updates** with **Special Dances** or **cancellations**, please send an email to the Editor at assdfmodernsquare@gmail.com, and request to be **REMOVED** from the email list. You'll receive **one final message** from the Editor, **confirming** that your email has been **removed** from the list.

While you can still download or view items from the **ASSDF website** (QR Code above on the upper right), **you will no longer receive these notices/updates.**

The **ASSDF** thanks you in advance for your assistance in this.

