

Glenview dancers keeping it square

A Glenview square dancing club is training new members on the art of the square.

By [Denys Bucksten](#)

With two January events designed to welcome new dancers, the Glenview Squares head into an 18-week instructional period with an infusion of new blood, officials say.

With Bruce Holmes doing the calling, the instructional classes are designed to teach 50 calls by the end of the two nine-week periods, ending in late May.

Holmes said he fell into the job after helping out another caller who was unable to continue.

"When there was no one else there to run it, I started doing it," Holmes said. "And I spent the weeks between classes figuring out how to do it."

The two free intro parties drew about 20 new people each, plus 30 regular members, said Carolyn Lopez, who is co-president with husband Bob.

After the second party on Jan. 21, Lopez was happy with the results.

Lopez said newcomers who missed the start of the teaching season can catch up, but after the first two Tuesdays, she doesn't encourage newcomers to start.

Glenview Squares pairs with North Shore Squares in Evanston for larger events, with members coming in costume including prairie skirts and other dancing duds.

Linda Warren came back to Glenview Squares after belonging to a Highland Park group.

"Square dancing is really good for your brain, because you have to coordinate the calls and coordinate your body," Warren said. "Studies have been done that say square dancing, any dancing, is one of the best things for your brain."

The square dancing group's instructional classes are from 7:30 p.m. to 9:30 p.m. on Tuesday nights at Glenview Park Center, 2400 Chestnut Ave. The club website is glenviewsquares.org.

(Gallery follows)





