

MAY 2024

The dance CALENDAR

Connecting the Dance Community ... One Step at a Time!

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www.TheDanceCalendar.com

Please call advertisers ahead to confirm dates, times and locations. Sometimes wrong information will appear and events may be canceled or rescheduled.

SWING DANCE LONG ISLAND

TUESDAY NIGHTS



FESTIVO CINCO DE MAYO PIZZA NIGHT
LESSON, DJ & SOCIAL DANCING
MAY 7

ELLEN MCCREERY TEACHING WCS
DJ & SOCIAL DANCING
MAY 14

BAND NIGHT WITH GAIL STORM
LESSON & SOCIAL DANCING
MAY 21

CAROL FRASER
DROP IN LESSON, DJ & SOCIAL DANCING
MAY 28

An enjoyable evening of social swing dancing starting with Swing fundamentals lesson 7:30PM to get you on the floor. DJ and social dancing 8PM-10PM. Singles & beginners welcome. No partner necessary. \$15 DJ nights, \$20 band nights. Discounts for students & members.

HUNTINGTON MOOSE LODGE
631 PULASKI ROAD, GREENLAWN, NY 631-757-2777
631-476-3707 | INFO@SDLI.ORG | WWW.SDLI.ORG

Argentine Tango Lovers

MONTHLY MILONGA
MIRELLE'S 170 POST AVENUE, WESTBURY, NY
SUNDAY, MAY. 26 | 7:30-11PM

With DJ Marcelo & Performance by Guillermina Quiroga & Mariano Loguidice



Private lessons available with Marcelo Mesa or Eran Polat
Dancing, Dinner & Performances all included in one price...\$35!! Taxi Dancers for ladies and Gents! (Please call ahead to secure taxi dancers..631-495-1435)
Adm. \$35. Reserve your table for Six or more with Carmen: 631-266-3691
Questions? Sherry: 631-242-0686 or (cell) 631-495-1435

FOR INFO ON TUESDAYS AND FRIDAYS, CALL SHERRY (631) 495-1435 OR CARMEN (631) 266-3691

Celebrating 24 years of Argentine Tango!... Committed to making you a Tango Dancer!

FOR MORE INFO: WWW.ARGENTINETANGOLOVERS.ORG

FREE LATIN DANCE CLASS




LITTLE MEXICO
Thursdays in May (No class 5/23) 7:30pm
3253 Horseblock Rd.
Medford, NY 11763

Indians & Fusion Restaurant
curry club @ saghar
Tuesdays May 14 & 28 7pm
111 W Broadway
Port Jefferson, NY 11777

Purchase from restaurant strongly suggested.



Latin Ballroom Lessons
Instructed by **Michelle Vicale**
Info: Michelle@latinballroomlessons.com

Seeking Teaching Artists

Dancing Classrooms Long Island is hiring Teaching Artists in Nassau County!

To learn more and apply [Click Here](#)



DANCING CLASSROOMS LONG ISLAND
www.dancingclassroomsli.org

ULTIMATE BALLROOM & LATIN DANCING

Come Dance with DJ Gene & Joanne



Sunday May 19 5PM - 9PM
\$25PP Adm includes complimentary hot/old buffet, dessert, coffee. Raffle & Door Prizes! **Dance with Me at the Hollis Hills Jewish Center 210-10 Union Tpke, Hollis Hills, NY**
For info call Nancy 516-587-4330

Every Wednesday In May 6PM - 10PM
Friday, May 17 7PM - 10:30PM
\$20PP Adm includes complimentary dinner buffet, coffee & tea, fresh bakery desserts, cash bar & door prizes.
Club Brumidi 2075 Deer Park Ave. Deer Park, NY
For info call Gene & Joanne 516-991-3208

CLUB BRUMIDI PRESENTS

2075 Deer Park Ave. Deer Park, NY 11729

Long Island's Dancing Hot Spot with the Largest Dance Floor! State of the Art Sound System & Lighting, we're your destination for ...

Social Dance Mixes

Complimentary Dinner Buffet, Coffee & Tea, Fresh Bakery Desserts, Cash Bar & Door Prizes on Wednesdays & Fridays!

For Reservations please call 516-991-3208

Exceptional Music by DJ Gene & Joanne



Friday, May 17th
7PM-10:30PM



Every Wednesday in May
6PM-10PM

Joined by Dance Hosts Lourdes, Mario & Daniel
Adm: \$20pp. West Coast Swing Mini Lesson

Adm: \$20pp. Enjoy an Evening of Ballroom and Latin Dancing to a great music mix!



Long Island Country Music Association Saturday, May 4th at 7:30-11:30PM

Anniversary Dance!
Band County Line & DJ/Teacher Lyndy



Doors open 6:30PM. Music starts at 7PM. Coffee at 10pm.
(Bring munchies) LIMCA is a non-profit organization dedicated to the advancement of Country Music & Dance on LI.



Dance

With Lourdes Cruz

Group & Private Lessons Every Monday in May

6:45pm Latin Mix Basics & Intermediate

7:45pm West Coast Swing Basics and Intermediate

Text/call Lourdes: 845-977-3482



A NIGHT WITH THE ULTIMATE ENTERTAINER" LOUIS DEL PRETE

Friday, May 10th
7PM-10:30PM

A throwback to an era when artists actually "entertained". Louis can sing, dance & play an instrument! Dance Mix: Ballroom, Latin, Hustle, WCS & more! \$20PP inc. Complimentary light buffet, dessert, coffee, tea & cash bar. Singles tables available.

Reservations of a **FULL** table (8+) Call: 516.819.9016



BRUMIDI CATERING



Brumidi Catering Co. Inc. offers On-site Full Service, Off-Premise (drop off) & Full Service Event Planning as well as Hall Rentals
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Dance

with **Lourdes Cruz**

DANCE PARTIES & SOCIALS!

Club Brumidi

2075 Deer Park Avenue
Deer Park, NY 11729

Friday, May 17

7pm Doors Open. 7:30pm

Mini Lesson: WCS

7:50-10:30pm Dancing with DJ Gene & Joanne and Lourdes. Dance Hosts for the evening: Mario, Lourdes & Daniel.

\$20pp includes Complimentary Buffet, Coffee, Tea, Dessert & Cash Bar

Spotlight Ballroom

245-24 Horace Harding Expressway
Little Neck, NY 11362

Saturday, May 18

Ballroom (Smooth & Rhythm), West Coast Swing, Argentine Tango & more with DJ & Hosts Lourdes, Mario & Ian. All levels, singles & couples welcome!

7pm: Bachata Lesson with Ian & Lourdes. 8-11pm: Dancing with DJ Ian & Lourdes. Dance Hosts for the evening: Ian, Mario, Lourdes & Daniel. \$25pp includes Complimentary Light Refreshments for your enjoyment/welcome to bring your own. Parking in back of building.

For Dance Event Information

text/call Lourdes: 845-977-3482

Email: lourdes@divaballroomdancing.com

For weather cancellations & class updates see us at: divaballroomdancing.com

Private Lessons available by appointment

GROUP CLASSES

The DancXchange Dance Studio 290 Broad Hollow Rd, Melville NY 11747

(Bank of America Building) lower level, Suite LL150E. Take stairs down to atrium level next to service desk - follow signs to the studio

Sundays (No class 5/26) (Special Guest Instructor Sunday, May 5)

3pm Argentine Tango / 4pm West Coast Swing / 5pm Salsa

\$20pp Drop In (\$10 additional classes same day). Class cards: 5 for \$90 & 10 for \$150. (MUST RSVP) - ALL Levels Welcome!

Spotlight Studio 245-24 Horace Harding Exwy Little Neck, NY

Mondays (No class 5/6 & 5/27)

10am Salsa

11am Argentine Tango

Tuesdays

10am Bachata

11am West Coast Swing

Brumidi Lodge 2075 Deer Park Ave, Deer Park, NY

Mondays (No class 5/27)

6:45pm Latin Mix Basics & Intermediate

7:45pm West Coast Swing Basics & Intermediate



34 Year
Dance!

GRAND KISMET DANCE EVENTS!

Merrick Golf Course Dansant

2550 Clubhouse Rd. (M9E Meadowbrook Pkwy) Merrick, NY

WELCOME TO OUR "MAY FLOWERS" DANCES!

Wednesdays May 8th & 29th 1:15PM - 4:15PM

Wednesday May 22nd 2:15PM - 5:15PM

\$10 don. Bring your friends or make new ones! Singles and couples welcome! Enjoy bagels, variety of cream cheese, cake, coffee & tea. Largest hardwood Ballroom dance floor on Long Island. Strict tempo music. Bring you partner or students. All past and present dances played in classic ballroom dancing music and popular line. Complimentary Dance Lesson Free Parking. **Absolutely NO WALK INS. MUST RESERVE 1 week prior to dance. Leave name, phone, email and names of people attending.**

Must make a reservation: 718 332-7825 or email dancezee@aol.com

Dance 'n Donate

Dance 'n Donate via 50-50 Raffle at Lourdes Cruz's
Monthly Spotlight Studio Social Dance

See ad above - Dance 'n Donate is at Lourdes' Spotlight Studio dances only.
Two raffle winners keep the first half (25% + 25%); the other half, matched 3X by Meiling

Upcoming Charity: Multiple Myeloma Research Foundation

Tickets: \$5 for 3, &, \$10 for 7.

Pure donors, by cash or zelle (917-519-1531), are welcome.

At the previous Dance 'n Donate, \$300 was donated to Parkinson's Foundation

Kudos to those who join me in this good deed:

We appreciate what life has to offer us while we dance enjoyably.

For further info, please call Meiling at 917-519-1531



Swing DANCE NIGHT

LIVE MUSIC BY
HUNTINGTON
BLUES ALL STARS

Wednesdays, May 1 & 15

Lesson 7-8pm (\$15) Live Music and
Open Dance floor 8:30pm-11:30pm (\$5)

344 NEW YORK AVE. HUNTINGTON, NY 11743
INFO@INDUSTRYMAKERS.ART | WWW.INDUSTRYMAKERS.ART



A Night of Social Dancing

**Friday Nights
May 3rd & May 17th**

With Music
by
DJ Scott

7pm-11pm ... From ballroom to rock 'n roll, there's
something for everyone, a night of real fun!

(Held on the first & third Friday every month) \$15pp includes coffee & desserts,
cash bar available, feel free to bring snacks. Door prizes, raffles, 50/50 & giveaways!
IN CASE OF INCLEMENT WEATHER, PLEASE CALL/TEXT DAY OF DANCE TO CONFIRM: 631-513-1055

For info call Louise at 631-277-7774 or 631-513-1055(cell)
Knights of Columbus, Hall 38 W. 1st Street, Patchogue NY
(Off Waverly Ave. across from 5th precinct)

Ballroom Dance Socials at The Waterfalls Ballroom

400 Cassata Road Lake Ronkonkoma, NY 11779

Saturdays
May 11th & 25th
7PM-11PM

Single & couples
welcome!



*\$20PP includes
coffee, tea,
desserts, raffles!
Reservations
suggested.*

Call or email Valerie for info: 631-581-8509 or 631-487-3203 • valmdance@yahoo.com



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Rosalie Keane

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631-987-8924
RUMBAROSE@ICLOUD.COM



Come join the fun with Sara's

**1 HOUR GROUP
LESSONS**

RUMBA

SATURDAY, MAY 4 | 3PM

BACHATA

SATURDAY, MAY 18 | 3PM

\$30.00 Per Person. Also available for private lessons teaching Smooth and Latin dances

Please call Sara ahead to register at 516-322-9124
or email saraballroomqueen@gmail.com
375 Dance Studio - 375 Westbury Ave.
Carle Place, NY 11514

In Step With The Editor

Loren Finkelstein



April showers bring May flowers and an abundance of social dance events! The May Dance Calendar has something for everyone whether you're into West Coast Swing, Hustle, Rumba or Bachata. You'll find plenty of group classes and social dances of all styles and levels.

I'd like to extend a warm welcome to one of our new resident contributing writers, Keith Happ. In his spot, "The Dance Journey" (page 14 of this issue) Keith shares inspiring stories about his own dance journey, offers words of wisdom and will always make you laugh! If you're interested in becoming a contributing writer for The Dance Calendar, please see the ad below and contact me at info@TheDanceCalendar.com.

Happy Dancing!
Loren

Be Yourself

the dance
CALENDAR

www.TheDanceCalendar.com

BREAKING NEWS

The Dance Calendar is Seeking Contributing Writers

Your short or long form article can cover a wide range of topics – from personal journeys in dance to tips and techniques. You could focus on your love for a specific dance style like Salsa or Swing. It may be a series or a single piece. Whether you're an instructor or someone who just loves to dance and you have a great story to share, please reach out to **Loren** at info@TheDanceCalendar.com.



SPECIAL EDITION

**DANCE WITH
DJ PEDRO**

Social Ballroom Mix!

Wednesdays May 8 & 22
7pm-11pm



Spotlight Ballroom
245-24 Horace Harding Expy.
Little Neck, NY 11362

DJ Pedro for info: 718-640-8216



Dance is held
every other
Wednesday.
\$20 PP.
Coffee, tea &
snacks served.

Connection Points Part 1: The Basics

By Richard Fiore

(Licentiate, (LAB, LAR, T) Imperial Society of Teachers of Dancing)

Email Richard at: rf1111@yahoo.com



Quality dancing is dependent on establishing key points of physical connection while in the dance hold. Each of these connection points needs to be properly maintained by both partners throughout the dance. This provides the means by which accurate lead and follow interactions can take place. The fundamental connection points necessary for smooth ballroom dancing will be discussed in this article.

Let's begin with the connection points associated with the standard closed ballroom hold. This is the most common dance hold used in ballroom dancing. It is important to apply all of the connection elements of this hold in order to optimize the potential for good lead and follow. In this dance hold, partners stand facing each other with the lady positioned slightly to the man's right. In this manner, their bodies and feet are offset. Light body contact between the front right sides of each partner's body is established and maintained throughout the dance. The palm of the man's left hand is placed in contact with the palm of the lady's right hand. The man's fingers are lightly clasped over the side of the lady's right hand. The man's right hand is placed comfortably on the lower portion of the lady's left shoulder blade with his fingers and thumb together. The lady's left arm rests comfortably on the man's right arm with her left hand placed just below his shoulder. From this perspective we see that there are four physical connection points in the standard closed ballroom hold. All of these points of connection help to create a physical connective structure through the upper body known as the dance frame. This is what makes lead and follow possible. A good dance frame refers to the shape of the upper body that is maintained through a connected dance hold with toned arms and an upright posture. Any loose connection point between partners will create vagueness within the frame that will ultimately hinder the efficiency of the lead and follow action.

The physical structure of the dance frame provides the primary means by which dancers communicate and control their movements with each other on the dance floor. Shifts in weight, changes of direction and travel speed are all communicated through this connected framework.

It works best when each connection point remains intact throughout the dance. Therefore, it is important to reinforce good habits by following several basic principles. Partners need to initially establish a body offset so that the right front side of their bodies are aligned and in light contact. This will enable both partners to have separate tracks that will serve to open up the required space for them to travel. The offset will also align the man's right hip to lady's left hip. This connection point helps partners to navigate more easily along the dance floor as one unit. Moreover, the connection at the hips greatly helps with turning patterns such as a pivoting action. Turns are further assisted by maintaining space between partners' heads. This is known as keeping 'a big top'.



Other factors include proper use of arms, hands and elbows. It is helpful for the man to keep his elbows toned, slightly outward and maintained at chest level with the torso stretched upward. The lady should also maintain arm tone and an upward torso stretch. She needs to keep her elbows in-line with her wrist. This will help her to sense the lead more easily as it creates an in-line transfer of energy from wrist to shoulder. In the closed hold, the leader's right hand can be thought of as a steering wheel while his left hand closes the hold.

The connection through the hands should encompass partners keeping the joined hands midway between their bodies. This point is known as the common center between partners. Both partners should dynamically apply slight inward and outward forces, i.e., tension and compression forces as needed accordingly to maintain the joined hands in the common center between their bodies. For example, the man may need to move his hands inward with a slight force while the lady counteracts this action by moving her hands in opposition in order to maintain a toned connection. In this manner, a good connection is more easily established and maintained thereby enabling the man to give clear leads. The lady also benefits through this connection method by gaining a greater ability to quickly interpret the lead and react accordingly.

Quality dancing can only be achieved with good physical connection between partners while in the dance hold. The goal is to have each partner's physical connections points form a well-connected structure that will enable clear communications between both. The benefits of establishing and maintaining these connection points are numerous. It allows dance couples to achieve a more efficient and elegant dance experience.

Ballroom Dancing at Adelphi University

*Professional
Studio with wood
floor & mirrors!*



*Refine your skills in the most
popular ballroom dances!
Best practice syllabus
based techniques.*

**Join us at Adelphi University Garden City, NY Campus
for an Amazing 11 week Dance Class**

Class dates to be announced!

Description: This class offers an opportunity to gain experience in social / ballroom dancing. It is an excellent choice for those looking to develop fundamental dance skills as well as building on previous experience. The instructor will break down all dance figures and combine them to form amalgamated routines. Best practice syllabus-based techniques in timing, feet positions, alignment, footwork, and lead and follow will be demonstrated. This class is suitable for first time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor. Social dancing gives you a more positive outlook on life!

Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes or dance shoes. Sneakers or rubber bottom shoes are not recommended.

Candidate Dances: Foxtrot, Rumba, Waltz, Cha Cha, Swing, Salsa/Mambo, Bolero, Tango & Meringue

Instructor: Richard Fiore – Dual Licentiate, US Imperial Society of Teachers of Dancing

Location: Adelphi University, One South Ave., Garden City, NY 11530 - Woodruff Hall Dance Studio

To Register: \$125/person for general admission. **Registration with a partner is recommended.** Call Noreen DeNicola at (516) 877-4260 or email ndenicola@adelphi.edu



With Donna DeSimone Dance

New this month!! Country Two Step class starting: Tuesday May 7th 8:15pm!
Register Today! All group classes are pay as you go \$20pp. Contact Donna to register for all classes. Not too late to register or schedule a private lesson!

The DancXchange Dance Studio Class Schedule

290 Broad Hollow Rd., Suite LL150E, Atrium Level Melville, NY 11747
 (Located in the blue Bank of America building at the northwest intersection of the Long Island Expressway exit 49N & Route 110)

MONDAYS

MAY 6, 13, 20 (NO CLASS 27TH)

7pm-8pm: WCS Adv. Intermediate
 8:15-9:15pm: Slow Intermediate Hustle

TUESDAYS

MAY 7, 14, 21, 28

7pm-8pm: Advanced Hustle
NEW! 8:15-9:15pm: Country Two Step (starting 5/7)

WEDNESDAYS

MAY 1, 8, 15, 22, 29

7:15pm-8:15pm: Intermediate Hustle
 8:15pm-9:15pm: Beginner Advanced WCS

THURSDAYS

MAY 2, 9, 16, 23, 30

NEW! 7:15-8:15pm: Beginner Hustle (started 4/11)

FRIDAY, MAY 24

Memorial Weekend Dance Party!

Doors open for student practice at 6:45pm. Free lesson 7:15-8pm.
 Open dancing 8-11pm. Hustle, WCS, Country Two Step, Latin & Smooth.
 Masks are optional not required. Can not bring drinks into hall, bar.
 You can bring your own food & snacks. Table reservations for 6 to 10 people. \$20pp cash at the door.

Donna's cell: 516.375.8498 • Email: dancxchange@yahoo.com • Web: www.donnadesimone.us

Barney & Debbie's Dance Obsession

Call today for a complimentary lesson!
(516) 753-2121

Open Monday - Saturday for Private Lessons
 18 Hempstead Tpke. Farmingdale, NY 11735

www.DanceObsession.com
[f](#) Dance Obsession Ballroom Studio
[i](#) Dance Obsession Ballroom Studio



MONDAY NIGHT MADNESS

3 Week Course – May 6th, 13th & 20th

\$45PP per class for 3 week session*. \$20 for drop in class.

6PM Intermediate Level working on School Figures (Steps 1-4) w/technique in all dances
 6:45PM Advanced Level working on School Figures (Steps 5-8) w/technique in all dances
 7:30PM Couples Group - WALTZ

TUESDAY NIGHT BEGINNER'S FUN GROUP CLASS

4 Week Course - Starts May 7th at 7PM

\$60 per person, per class for 4 week session. Class fills up quickly. All levels welcomed!
 7PM Social Bronze Level working on School Figures 1-3 in all dances & Ballroom Line Dances
***Mon/Tue Classes MUST Pre-Register & Pre-Pay for \$45/\$60 rate before session! Drop in Class - \$20**



FRIDAY NIGHTS AT DANCE OBESSION!

Friday, May 3rd

Cinco De Mayo Party!

Dance of the Month Group is Salsa 7pm
 \$15PP. Friday Night Soiree 8-10pm
 \$25PP. Dress Festive! Group/Party \$35PP.
 Deadline for pricing 4/22.



Friday, May 17th

"In House" Spring Showcase!

7:30-10:30pm \$35 pp inc. Light Fare, Apps,
 Punch, Sodas, Bottled Water, Coffee &
 Desserts lots of General Dancing!
 Deadline for pricing 5/3.

The Argentine Viewpoint

Boleos

By Michael Ditkoff

Email Michael at: tangomaniac@optimum.net



Michael Ditkoff has taken ten years of private ballroom, latin, swing and hustle lessons; eight years of private Argentine Tango, Waltz and Milonga lessons; three years of Embodied Yoga to improve his frame, and six months of Alexander Technique to improve his posture. He was also a dance host on three cruise ships. Michael resumed playing the piano in July 2023, further sharpening his musicality.

Last month I wrote about the Back Ocho, the entrance to Boleos. If the Back Ocho is bad, well, so is the Boleo. I wrote complete descriptions of executing the Ocho Cortado and Molinete in the

February and March issues. This issue deals with Boleos because most are poorly executed because of pulling and pushing. (I wonder what dancers are being taught.) (November 2023.)

The Boleo begins with the follower starting a Back Ocho. After the pivot, the follower starts stepping backward. Before the follower steps more than halfway, the leader suddenly reverses direction by rotating shoulders in the opposite direction, which causes the follower to change direction as well. I've seen leaders pull with their left hand to cause the pivot, and then reverse direction by pushing with their left hand. Not only painful, this will also knock their follower

off axis. If more leaders took lessons in following, perhaps they would realize they are overleading. Some followers are guilty of pushing on the leader's left hand, using it as a wall for leverage to compensate for not pivoting enough.


Boleo is Spanish for "the whip." I use a fishing rod to explain. Go to YouTube and type "casting with a long rod." Select the video "Casting with a 4.2 meter rod." The video is in slow motion. When the rod is snapped forward, the other end keeps going backward until it can't bend anymore and then snaps in the forward direction. Notice how much the rod bends as it is brought forward. That snap is the equivalent of a boleio.

The follower's leg is like the rod. If the follower is relaxed (a big IF!) and takes a big back step (another big IF,) the free leg will snap like a whip. (This sounds painful but it's not.) Unfortunately, some leaders take "whip" literally and violently lead it. If the couple dance in the armpit, (December 2023 issue) there won't be a lot of rotation resulting in a small boleio. The solution to bad frame is to correct the frame, not to push and pull.

Both dancers are responsible for their own balance ONLY. Each dancer shouldn't impact the partner's axis.

Many dancers aren't aware they ruin their own dancing. Even fewer are aware they are ruining their partner's dancing.

Dance to the Sounds of DJ Ray





COME BACK IN TIME OLDIES Dance

MASSAPEQUA ELKS LODGE
2162 VETERANS BLVD. MASSAPEQUA, NY

Every Friday in May 8pm-12pm

\$25 ADM
Singles & Couples Welcome!

Doors open 7:45pm. Newly Refinished Dance Floor!! Great mix of 50's, 60's, 70's, 80's & today's popular music! Swing, Motown, Hustle, Doo-Wop, Freestyle, Lindy... and a little bit of 2-Step Line Dancing, West Coast Swing and a touch of Latin too! Adm inc Open Bar, Bagels & Desserts, 50/50, Door Prizes Coffee & Tea. Large on premises parking. Please, NO \$100 bills, thank you. Proper attire please - no sandals, no jeans. Singles & couples welcome! Walk-ins welcome! Reservations required for 8 or more. Table will be held for up to 20 minutes after dance opens. PLEASE CALL 4 HRS AHEAD IN CASE OF INCLEMENT WEATHER.




Grand Re-Opening Ballroom Mix

**Starting Sunday June 2, 2024
7PM - 10:30PM**

VFW - 560 N. Delaware Avenue Lindenhurst, NY

Doors open at 6:45 PM. \$20PP includes bagels, desserts, coffee, tea and 1 FREE beverage (alcoholic or soft drink). State-of-the-art Surround Sound Music! Large on premises parking.

**BRAND NEW
LARGE
OAK DANCE
FLOOR!!**



For information or to make a reservation call DJ Ray at 516.385.1720

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LORI ANN ROCHE



9 Times
World Hustle
Champions

International
Latin Champions

American
Rhythm Champions

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group lessons, wedding dance, demonstrations,
judging and Pro/Am competitions

Kelvin Roche 908-581-0053
Lori Ann Roche 631-332-8883

Italian Charities of America



SATURDAY NIGHT DANCES *May 4 & May 18*

Doors open at 7pm | Dance 8pm to 12am

DJ will be spinning classics, oldies, Top 40, Disco, Italian and Latin music!
Hot Buffet, Dessert, Coffee & Tea. Cash bar available. Door prizes
and 50/50 raffle. \$23 at the door or \$20 for dance members.
Become a dance member the night of the dance!



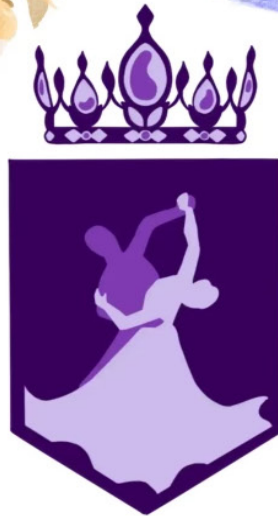
Since 1951, our dances are a longstanding tradition to fundraise
for our non-profit organization and non-profit building.

**For more information call 718-478-3100 or
email: italiancharitiesofamerica@gmail.com**

Italian Charities of America, Inc.
A 501c3 Non-Profit Organization
83-20 Queens Blvd. Elmhurst, NY 11373
www.italiancharities.org

Like us on Facebook: www.facebook.com/italiancharitiesofamerica
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**QUEENS
BALLROOM
DANCE**



**Social Dance Everyday!
2pm-6pm**

**Also Wednesday and Friday
Nights 7pm-10pm**

**Group lessons
before every social!**

**Price varies \$12 - \$15 pp
unless a special party is booked**

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646-420-7875

 **StardustSM Dance**
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133rd Weekend Getaway

Friday - Sunday | June 14th - 16th

Villa Roma Resort | 365 Villa Roma Rd | Callicoon, NY 12723

be a part of
The Dance Evolution



*Diamonds
are
Forever*

Join us for a Celebration of

*Linda's Retirement
&
15 Shining Years
with Stardust*



All Inclusive Weekend Package Starts at \$670 Includes:

- 3 Day / 2 Nights Stay at Resort
- 7 Meals • 5 Course Dinner
- Open Bar Cocktail Party
- Wine/Champagne/Beer Cocktail Party
- Over 40 Dance Workshops with Our Top Instructors
- Night & Day Dancing to 4 Great DJ's
- Dancing During Lunch & Dinner
- Top Night Club Entertainment
- Your Choice – Separate Dance Facilities for Latin, Ballroom, Argentine Tango & West Coast Swing/Hustle/California Mix

Special Thursday Night Rate

- Meet-and-Greet
- Singles Mixer Thursday Night (Couples are Welcome)
- Happy Hour • Dinner / Dancing • Workshops
- Friday - Breakfast & Lunch

World Class Entertainment



Edgar Osorio & Aleksandra 'Ola' Kozlowska - Latin & Ballroom
Carolina Jaurena & Andres Bravo - Argentine Tango
More World Class Dancers to Celebrate Our Amazing June Weekend to be Announced.
Check our website for further updates.
www.Stardustdance.com

Dance Instructors

Edgar Osorio, John Lindo, Lou Brockman, Heather Gehring, Joyce Henderson, Linda Leverock, Kelvin Roche, Lori Ann Greenhouse-Roche, Aleksandra Kozlowska, Carla Marano

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Produced by: Edgar Osorio, CEO Stardust Dance with Linda S. Gilberg, Events Coordinator

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“Dance and You’ll Feel Better” James Brown

By Keith Happ

When we dance we experience joy, the release of endorphins. You know, those chemicals your body releases when you feel stress or pain. Endorphins are released during activities such as exercise, massage and dancing. One thing that brings joy, well for me at least is remembering the hard work that got me here. When the practice got hard I just remembered a motivational quote by author John Di Lemme: “When you feel like quitting think about why you started.”

In my first article, I talked about my challenges with being beat deaf. My second article was about not giving up on yourself. I want to step back in history to visit some of my mentors so to speak. I didn’t get to where I am today strictly on my own - I had help along the way. So, I’m one of those guys that pulls over and asks directions. All of us, at some point have experienced a memorable teacher in school or that unforgettable dance teacher. If so, this next quote will resonate: “An amazing dance teacher is hard to find, difficult to part with and impossible to forget.” - Author unknown.

We may not always approve of their methods or personality but we do respect the process and overall results. My first dance teacher had us practice turns from one end of the dance floor at the Elks Lodge to the other with a paper plate between our legs. The exercise taught us how to keep our legs closer together as we turned down line of dance, This instilled in us the awareness of keeping our feet under our frame and how to maintain balance while turning and traveling down line of dance. Again, the method was weird and hard, but the results made me a better dancer. Someone once said, “Behind every dancer who believes in themselves there is a teacher who believed in them first.” I think it was on a coffee mug.

A woman once walked up to this teacher and said, “I love to dance,” to which he replied, “But can you dance?!” This is a true statement but there was a more polite way to phrase it. Knowing how to dance is important, just as much as lead and follow and a strong frame. Framework is crucial. Patrick Swayze in the movie Dirty Dancing said, “This is my dance space, this is your dance space.” This is a very true statement as well. Fred Astaire said, “Dancing is the art of getting your feet out of the way faster than your partner can step on them.” Good manners just like a good dance frame are key in social dancing.

I would love to tell you that I have dancing in my veins, but my doctor says it’s just high cholesterol. As for my virtual dance teachers well, they were the ones that helped me with style and grace. Seriously, really this is true. I am as serious as a Peek Frean. Understand I am beat deaf, I lack rhythm. As a natural dancer you may not be able to fully comprehend this but nonetheless it is a fact. So, I was taught how to count music, listen to the drum beats. I was taught dance steps and I was tasked with the job of marrying them together to resemble dancing. Then came the task of adding style of movement. But how?

So I turned to the legendary American dancer, actor and choreographer Frederick Austerlitz, or as most of us know him as, Fred Astaire. I would watch his movies and study his movements, posture and frame. How he held Ginger Rogers, Rita Hayworth, Cyd Charisse, Vera-Ellen and others. I began mimicking his posture the best I could. I found it was beneficial not only in my dancing but also in every day life. After several years of dancing I was diagnosed with scoliosis, not by my doctor, but by a tailor. I needed a new suit. My scoliosis was not very obvious due to my posture on and off the dance floor. Gene Kelly was another of my virtual dance teachers. Gene one said, “I got started dancing because I knew it was one way to meet girls.” To anyone thinking of learning how to dance, take it from me, that quote is pure fact.

Side Note: if you get a chance download the TUBI TV app on to your TV, Roku, or other Streaming device. The app is Free to download and use. Then search for “Alive and Kicking”. There are two - you want the 2017 version on swing dancing not the Don Rickles one. Did you know that dancing also has hidden health benefits? Really, yes really, hey, have you ever caught me lying to you? This is just between us, if word gets out they might start teaching social dancing in the schools, churches, or worse dance classes may become popular again. OK, lets start with social activity. As dancers we are all aware that dance is a social event allowing mature adults to gather. Notice I said “mature”. I once heard that as men age, a strong social connection can help them live longer. I also heard that

aging women who are married or dating socially active men tend to live longer as well. Oh, and I’ve also heard that men who call these women “aging” tend to die suddenly. Hence mature adults. Are you aware that social engagement is essential for mental well-being and overall health? Which brings me to heart health. Yes, dancing improves cardiovascular fitness, increases muscular strength and tones the core and muscles. Regular dancing can have a positive effect on heart health. We should always be positive, well, except when it comes to Covid, but other than that staying positive is a good thing. As for our physical health it has been shown that ballroom dancing helps improve muscle and bone strength. Ballroom dancing also encourages better posture, balance and even motor skills, which can help prevent falls and other accidents prone to seniors.

Let’s not forget cognitive improvement. Yes, social ballroom dancing can improve cognitive functions and reduce brain atrophy in older adults. You know those “mature” adults we spoke of earlier. A 2003 study in the New England Journal of Medicine by researchers at the Albert Einstein College of Medicine discovered that dance can improve cognitive functions in older adults. This was also described in a paper published online on December 14 in a Journal of Aging and Physical Activity. There was another study that found older adults who completed six months of social dancing showed improvement in executive functioning and processing speed compared to those who walk on a treadmill.

Dancing was associated with reduced brain atrophy in the hippocampus, a brain region crucial for memory functioning and affected by Alzheimer’s disease. Again, I have Scoliosis, curvature of the spine, most likely since birth. As I mentioned earlier mine was diagnosed later in life by a tailor when I was being fitted for a suit. He noticed one shoulder was lower than the other. There is no known exercise that can cure scoliosis, but personally through dance mine has not worsened through the years of abuse I have put it through. Most people have told me that they threw their backs out. But, I’m not finished with mine yet, so throwing it out is not an option.

There is no medical data to support my findings but, dance frame forces you to stand taller. When you stand taller your spine is straighter. I can not speak for all, but my scoliosis is not very noticeable. I recently purchased a new suit and this tailor didn’t say a word about my condition. I’ve been told that I stand like a dancer, and have a dancers body. (Which is due back on Thursday). When I taught dancing I repeatedly told men who’s dance partner was shorter in stature, “Never dance down to a woman. Make her dance up to you.” Many women were offended at first so I needed to explain my statement. If I dance down to a woman my back is arched, my spine is arched. I am opening myself up to lower back issues in the future. By standing tall and having my partner stand tall as well we look better as we dance and we dance longer together. When I say longer I mean as we age together.

So now we know that ballroom dancing is not only physically beneficial but provides mental stimulation and social interaction. This makes it an excellent choice for not only older individuals looking to stay active and engaged, but for all ages. So if you’re a dancer or know of someone interested in kicking up their heels, dancing will make you feel better. “You better live each day like your last because one day you’re going to be right.” - Ray Charles. Yes, there are other activities you can do with your partner that involves flexibility, different positions, heavy breathing and a lot of sweating and, it only takes about an hour. But not all of us are into yoga. Trust me, you don’t want to see me in yoga pants, its not a pretty site.

All in all social dancing keeps your mind and your body active and it is one of the healthiest things you can do as we age, plus, it’s a lotta fun. Someone once said that if you dance with your heart, your feet will follow. You know, I think I had that coffee mug. When you dance, you can escape into the music as you and your partner share silent communication within the frame work you create that movement that is dancing. The music sets a mood. The lead is the dance, and the follow, is the dancer. It is the leaders job to make the follower look good. Yes gentleman, on the dance floor you are the boss, you are 100% in charge. Well, at least for three minutes and thirty seven seconds.

You must put in the work. If you don’t put the work in, well then, what’s the pointe. Let me leave you with this quote: “We don’t stop dancing because we grow too old, we grow too old because we choose to stop dancing” - Arthur Murray ... or was that Fred MacMurray? Which one had a dance school? And on that note I’m going to take 2 Advil and say good night.

Teal the next dance. K.A.S.H.

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Sunday, May 26th
Music by DJ Andrew

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May 2024 Dance Calendar (Please call advertisers ahead to confirm)

WEDNESDAY MAY 1

CLASSES

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd.
7:15pm-8:15pm Hustle - Intermediate, 8:15pm-9:15pm Advanced Beginner
West Coast Swing. www.donnadesimone.us. 516.375.8498. Ad pg 7

DANCES

Deer Park

Club Brumidi. 2075 Deer Park Ave. 6-10PM Social Dance Mix. Enjoy an
Evening of Ballroom and Latin Dancing to a great music mix! Music by DJ Gene
& Joanne. www.sonsofitalyLI.com. 516-991-3208. Ad pg 3

Flushing

Social Dancing at Queens Ballroom Dance 32-17 College Point Blvd. 2pm-6pm
and 7pm-10pm. Group lesson before social. A great mix of ballroom, latin, and
club style music is played by our DJ. No partner necessary! Call for pricing.
Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

Huntington

Swing Dance Night at Industry Lounge & Gallery, 344 New York Ave. 7-8pm
Lesson and 8:30-11:30pm open dance with LIVE MUSIC by Huntington Blues
All Stars! For more information email info@industrymakers.art Ad pg 4

THURSDAY MAY 2

CLASSES

Medford

Free Latin Dance Classes with Michelle Vicale at Little Mexico 3253 Horseblock
Road. Starts at 7:30PM. Purchase from restaurant or bar suggested. For more
information: michelle@latinballroomlessons.com. Ad pg 2

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. NEW!
7:15pm-8:15pm: Beginner Hustle. www.donnadesimone.us. 516.375.8498. Ad
pg 7

DANCES

Flushing

Social Dancing/Tea Dance 2pm-6pm at Queens Ballroom Dance 32-17 College
Point Blvd. Group lesson before social. A great mix of ballroom, latin, and club
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646-389-5068. www.queensballroom.dance. Ad pg 11

May 2024 Dance Calendar *(Please call advertisers ahead to confirm)*

FRIDAY MAY 3

DANCES

Carle Place

Argentine Tango Lovers Tango Práctica at 375 Dance Studio, 375 Westbury Ave with group and private lessons 8:00pm-11pm. Adm. \$25. Info: Sherry: 631-242-0686. www.ArgentineTangoLovers.org Ad pg 2

Farmingdale

Barney & Debbie's Dance Obsession Cinco de Mayo Party. 18 Hempstead Tpke. Friday Night Soiree and Dance of the Month. Group Lesson is Salsa at 7PM. Dress festive! Dance Party 8PM-10PM. We will be changing partners. All welcomed! www.DanceObsession.com. (516) 753-2121. Ad pg 7

Flushing

Social Dancing at Queens Ballroom Dance 32-17 College Point Blvd. 2pm-6pm and 7pm-10pm. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. No partner necessary! Call for pricing. Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

Lake Ronkonkoma

Anthony Live II and Noticio presents Cinco de Mayo dance party! Beach Club Estate 161 Rose Drive. Music performance by Orquesta La Mayor de NY and Mega DJ Revolution. Dinner 7PM, Live music 8:30PM. Latin Buffet, cash bar. To reserve call 631-737-0088. Ad pg 13

Massapequa

Dance to the Sounds of DJ Ray! Massapequa Elks Lodge 2162 Veterans Blvd. 8pm-12am. Enjoy a great mix of 50's, 60's, 70's, 80's & today's popular music! Swing, Motown, Hustle, Doo-Wop, Freestyle, Lindy... and a little bit of 2-Step Line Dancing, WCS and a touch of Latin too! Open Bar, Bagels & Desserts, 50/50, Door Prizes, Coffee & Tea. Singles & couples welcome. Info: DJ Ray at 516.385.1720. Ad pg 8

Patchogue

A Night of Social Dancing with Music by DJ Scott! Knights of Columbus, Hall 38 W. 1st Street (Off Waverly Ave. across from 5th precinct) Held on the first and third Friday of every month. 7-11pm. From ballroom to rock and roll, there's something for everyone, a night of real fun! \$15pp includes coffee and desserts, cash bar available, feel free to bring snacks. Door prizes, raffles, 50/50 and giveaways! For more information call Louise at 631-277-7774. IN CASE OF INCLEMENT WEATHER, PLEASE CALL OR TEXT DAY OF DANCE TO CONFIRM at 631-513-1055 (cell). Ad pg 4

SATURDAY MAY 4

CLASSES

Carle Place

Rumba Lesson at 3PM with Sara at 375 Dance Studio 375 Westbury Ave. \$30PP. Please call Sara ahead to register at 516-322-9124 or email: saraballroomqueen@gmail.com. Also available for private lessons teaching Smooth and Latin dances. Ad pg 5

DANCES

Deer Park

Brumidi Lodge. 2075 Deer Park Ave. LONG ISLAND COUNTRY MUSIC ASSOCIATION. Live music by Yankee Rebel DJ & Dance Instruction by Ray Swartz 6:30-11:30PM. Coffee available at 10pm. (Bring your own munchies) LIMCA is a non-profit organization dedicated to the advancement of Country Music & Dance on Long Island.

Elmhurst, Queens

Italian Charities of America invites you to our Saturday Night Dance! 83-20 Queens Blvd. Doors open at 7pm. Dance 8pm to 12am. Hot buffet and Dessert. DJ will be spinning classics, oldies, Top 40, Disco, Italian and Latin music! Cash bar available. Price increase: \$20 Members and \$23 Non-members. Since 1951, our dances are a longstanding tradition to fundraise for our non-profit organization and non-profit building. Please inquire on how to become a member. Door prizes and 50/50 raffle. 718-478-3100. Ad pg 10

Flushing

Social Dancing/Tea Dance 2pm-6pm at Queens Ballroom Dance 32-17 College Point Blvd. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. Call for pricing. No partner necessary! Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

SUNDAY MAY 5

CLASSES

Melville

Dance with Lourdes Cruz at The DancXchange Dance Studio, 290 Broad Hollow Rd. 3pm Argentine Tango, 4pm West Coast Swing, 5pm Salsa (Must RSVP). 845-977-3482. Ad pg 4

DANCES

Flushing

Social Dancing/Tea Dance 2pm-6pm at Queens Ballroom Dance 32-17 College Point Blvd. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. Call for pricing. No partner necessary! Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

MONDAY MAY 6

CLASSES

Deer Park

Dance with Lourdes Cruz at Brumidi Lodge. 2075 Deer Park Ave. 6:45pm Latin Mix Basics & Intermediate 7:45pm, West Coast Swing Basics & Intermediate. 845-977-3482. Ad pg 4

Farmingdale

Barney & Debbie's Dance Obsession. 18 Hempstead Tpke. 6PM Intermediate Level working on School Figures (Steps 1-4) w/technique in all dances, 6:45PM Advanced Level working on School Figures (Steps 5-8) w/technique in all dances, 7:30PM Couples Group: WALTZ. www.DanceObsession.com. (516) 753-2121. Ad pg 7

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. 7:00pm-8:00pm: West Coast Swing: Adv. Intermediate, 8:15pm-9:15pm: Slow Intermediate Hustle. www.donnadesimone.us. 516.375.8498. Ad pg 7

DANCES

Flushing

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May 2024 Dance Calendar *(Please call advertisers ahead to confirm)*

TUESDAY MAY 7

CLASSES

Farmingdale

Barney & Debbie's Dance Obsession. 18 Hempstead Tpke. Beginners Fun Group! 7PM Social Bronze Level working on School Figures 1-3 & Line Dances. Geared to the brand new students! All levels welcomed! www.DanceObsession.com. (516) 753-2121. Ad pg 7

Little Neck, Queens

Dance with Lourdes Cruz at Spotlight Studio 245-24 Horace Harding Exwy. 10am Bachata, 11am West Coast Swing. 845-977-3482. Ad pg 4

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. 7:00pm-8:00pm: Advanced Hustle, NEW! 8:15pm-9:15pm: Country Two Step. www.donnadesimone.us. 516.375.8498. Ad pg 7

Westbury

Argentine Tango Lovers 170 Post Ave. Learn Basic Argentine Tango sequentially with Marcelo Mesa 6:30pm to 10:30pm followed by a buffet dinner and a three hour práctica! Adm. \$25 Sherry: 631 242-0686 or cell: 631-495-1435. www.ArgentineTangoLovers.org Ad pg 2

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Greenlawn

Join your friends at Swing Dance Long Island's Tuesday Swing Dance at the Huntington Moose Lodge, 631 Pulaski Rd. Lesson at 7:30pm, DJ music at 8pm. Festivo Cinco de Mayo Pizza Night. \$15/person. Discounts for members. Info: 631-476-3707 or www.SDLI.org. Ad pg 2

WEDNESDAY MAY 8

CLASSES

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. 7:15pm-8:15pm Hustle - Intermediate, 8:15pm-9:15pm Advanced Beginner West Coast Swing. www.donnadesimone.us. 516.375.8498. Ad pg 7

DANCES

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Little Neck

Dance With DJ Pedro at Spotlight Ballroom, 245-24 Horace Harding Expy. Socia Ballroom Dance Mix. 7pm-11pm. Dance is held every other Wednesday. \$20 PP. Coffee, tea & snacks served. DJ Pedro for info: 718-640-8216 . Ad pg 5

Merrick

Join us for our May Brings Flowers In Merrick Dansant at Merrick Golf Course - 2550 Clubhouse Rd. (9E Meadowbrook). \$10pp don. 1:15-4:15PM. Bagels, variety of cream cheese, coffee, tea, cake. Bring your friends or make new ones! Complimentary Dance Lesson. Largest Ballroom Hardwood Dance Floor on LI. Strict Tempo Music. Bring your partner or students. All past and present dances played in classic ballroom dancing music and popular line. Free Parking on Premises. 718 332-7825 or email dancezee@aol.com. Ad pg 4

THURSDAY MAY 9

CLASSES

Medford

Free Latin Dance Classes with Michelle Vicale at Little Mexico 3253 Horseblock Road. Starts at 7:30PM. Purchase from restaurant or bar suggested. For more information: michelle@latinballroomlessons.com. Ad pg 2

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. NEW! 7:15pm-8:15pm: Beginner Hustle. www.donnadesimone.us. 516.375.8498. Ad pg 7

DANCES

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FRIDAY MAY 10

DANCES

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Deer Park

Brumidi Lodge. 2075 Deer Park Ave. A night with "The Ultimate Entertainer" LOUIS DEL PRETE. 7PM-10:30PM. Adm: \$20pp. A throwback to an era when artists actually "entertained". Louis can sing, dance, and play an instrument! Complimentary light buffet, dessert, coffee, tea & cash bar. Dance Mix including but not limited to Ballroom, Latin, Hustle & WCS Singles tables available. www.sonsofitalyLI.com. For reservations of a FULL table (8+) call 516.819.9016. Ad pg 3

Flushing

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Lake Ronkonkoma

Ballroom & Latin Dance Dancing at The Waterfalls Ballroom, 400 Cassata Ave. Hosted by Valerie, 7pm-11:00pm, \$20pp, Desserts, Raffles, Singles & Couples. 631-581-8509 or 631-487-3203 or email valmdance@yahoo.com for directions, info or reserve a table. Ad pg 5

SUNDAY MAY 12

CLASSES

Melville

Dance with Lourdes Cruz at The DancXchange Dance Studio, 290 Broad Hollow Rd. 3pm Argentine Tango, 4pm West Coast Swing, 5pm Salsa (Must RSVP). 845-977-3482. Ad pg 4

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MONDAY MAY 13

CLASSES

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Little Neck, Queens

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Melville

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TUESDAY MAY 14

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Port Jefferson

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Westbury

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WEDNESDAY MAY 15

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Club Brumidi. 2075 Deer Park Ave. 6-10PM Social Dance Mix. Enjoy an Evening of Ballroom and Latin Dancing to a great music mix! Music by DJ Gene & Joanne. www.sonsofitalyLI.com. 516-991-3208. Ad pg 3

Flushing

Social Dancing at Queens Ballroom Dance 32-17 College Point Blvd. 2pm-6pm and 7pm-10pm. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. No partner necessary! Call for pricing. Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

Huntington

Swing Dance Night at Industry Lounge & Gallery, 344 New York Ave. 7-8pm Lesson and 8:30-11:30pm open dance with LIVE MUSIC by Huntington Blues All Stars! For more information email info@industrymakers.art Ad pg 4

May 2024 Dance Calendar *(Please call advertisers ahead to confirm)*

THURSDAY MAY 16

CLASSES

Medford

Free Latin Dance Classes with Michelle Vicale at Little Mexico 3253 Horseblock Road. Starts at 7:30PM. Purchase from restaurant or bar suggested. For more information: michelle@latinballroomlessons.com. Ad pg 2

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. NEW! 7:15pm-8:15pm: Beginner Hustle. www.donnadesimone.us. 516.375.8498. Ad pg 7

DANCES

Flushing

Social Dancing/Tea Dance 2pm-6pm at Queens Ballroom Dance 32-17 College Point Blvd. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. Call for pricing. No partner necessary! Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

FRIDAY MAY 17

DANCES

Carle Place

Argentine Tango Lovers Tango Práctica at 375 Dance Studio, 375 Westbury Ave with group and private lessons 8:00pm-11pm. Adm. \$25. Info: Sherry: 631-242-0686. www.ArgentineTangoLovers.org Ad pg 2

Deer Park

Club Brumidi. 2075 Deer Park Ave. 7pm Doors Open. 7:30pm West Coast Swing Mini Lesson and Dance 8PM-10:30PM with Lourdes! Social Dance Mix with Music by DJ Gene & Joanne and Lourdes, Mario and Daniel as dance hosts for the evening! \$20pp includes Complimentary Buffet, Coffee, Tea, Dessert & Cash Bar. www.sonsofitalyLI.com. 516-991-3208. Ad pgs 2 and 3

Farmingdale

Barney & Debbie's Dance Obsession. 18 Hempstead Tpke. "In House" Spring Showcase. 7:30-10:30pm \$35pp includes Light Fare, Apps, Punch, Sodas, Bottled Water, Coffee & Desserts & lots of General Dancing! www.DanceObsession.com. (516) 753-2121. Ad pg 7

Flushing

Social Dancing at Queens Ballroom Dance 32-17 College Point Blvd. 2pm-6pm and 7pm-10pm. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. No partner necessary! Call for pricing. Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

Massapequa

Dance to the Sounds of DJ Ray! Massapequa Elks Lodge 2162 Veterans Blvd. 8pm-12am. Enjoy a great mix of 50's, 60's, 70's, 80's & today's popular music! Swing, Motown, Hustle, Doo-Wop, Freestyle, Lindy... and a little bit of 2-Step Line Dancing, WCS and a touch of Latin too! Open Bar, Bagels & Desserts, 50/50, Door Prizes, Coffee & Tea. Singles & couples welcome. Info: DJ Ray at 516.385.1720. Ad pg 8

Patchogue

A Night of Social Dancing with Music by DJ Scott! Knights of Columbus, Hall 38 W. 1st Street (Off Waverly Ave. across from 5th precinct) Held on the first and third Friday of every month. 7-11pm. From ballroom to rock and roll, there's something for everyone, a night of real fun! \$15pp includes coffee and desserts, cash bar available, feel free to bring snacks. Door prizes, raffles, 50/50 and giveaways! For more information call Louise at 631-277-7774. IN CASE OF INCLEMENT WEATHER, PLEASE CALL OR TEXT DAY OF DANCE TO CONFIRM at 631-513-1055 (cell). Ad pg 4

SATURDAY MAY 18

CLASSES

Carle Place

Bachata Lesson at 3PM with Sara at 375 Dance Studio 375 Westbury Ave. \$30PP. Please call Sara ahead to register at 516-322-9124 or email: saraballroomqueen@gmail.com. Also available for private lessons teaching Smooth and Latin dances. Ad pg 5

DANCES

Elmhurst, Queens

Italian Charities of America invites you to our Saturday Night Dance! 83-20 Queens Blvd. Doors open at 7pm. Dance 8pm to 12am. Hot buffet and Dessert. DJ will be spinning classics, oldies, Top 40, Disco, Italian and Latin music! Cash bar available. Price increase: \$20 Members and \$23 Non-members. Since 1951, our dances are a longstanding tradition to fundraise for our non-profit organization and non-profit building. Please inquire on how to become a member. Door prizes and 50/50 raffle. 718-478-3100. Ad pg 10

Flushing

Social Dancing/Tea Dance 2pm-6pm at Queens Ballroom Dance 32-17 College Point Blvd. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. Call for pricing. No partner necessary! Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

Little Neck, Queens

Dance with Lourdes Cruz Dance Social at Spotlight Ballroom, 245-24 Horace Harding Expw. \$25pp Admission. Spotlight presents a night of social dancing! Ballroom (Smooth & Rhythm), West Coast Swing, Argentine Tango & More. 7pm Doors Open. 7:15pm Bachata Lesson with Ian & Lourdes. 8pm – Dancing with DJ Ian & Lourdes. Dance Hosts for the evening: Ian, Mario, Lourdes and Daniel. Light Refreshments for your enjoyment/welcome to bring your own. *GPDIA Certified Instructors. 50/25/25 Raffle hosted by Dance & Donate. RSVP Recommended. For Dance Event Information text/call Lourdes: 845-977-3482 or email lourdes@divaballroomdancing.com. See Ad pg 2. / Dance 'n donate by participating in a 50-50 raffle. Two raffle winners keep the first half (25% + 25%); the other half is matched by Meiling 3X, and donated to the charity of her choice for the month. At the previous Dance 'n Donate, \$300 was donated to Parkinson's Foundation. You may also donate in cash or via Zelle to Meiling (917-519-1531) or via Venmo (@meiling-LIU-11356). Ad pg 4

SUNDAY MAY 19

CLASSES

Melville

Dance with Lourdes Cruz at The DancXchange Dance Studio, 290 Broad Hollow Rd. 3pm Argentine Tango, 4pm West Coast Swing, 5pm Salsa (Must RSVP). 845-977-3482. Ad pg 4

DANCES

Flushing

Social Dancing/Tea Dance 2pm-6pm at Queens Ballroom Dance 32-17 College Point Blvd. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. Call for pricing. No partner necessary! Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

Hollis Hills, Queens

Dance With Me at Hollis Hills Jewish Center 210-10 Union Turnpike. Music by DJ Gene & Joanne. 5pm-9pm. 4:30-5pm line dance with Davi. Complimentary Hot and Cold Buffet., dessert and coffee. Raffle & Door Prizes. \$25.00 Per person. Call Nancy for reservations 516-587-4330. Ad pg 15

May 2024 Dance Calendar *(Please call advertisers ahead to confirm)*

MONDAY MAY 20

CLASSES

Deer Park

Dance with Lourdes Cruz at Brumidi Lodge. 2075 Deer Park Ave. 6:45pm Latin Mix Basics & Intermediate 7:45pm, West Coast Swing Basics & Intermediate. 845-977-3482. Ad pg 4

Farmingdale

Barney & Debbie's Dance Obsession. 18 Hempstead Tpke. 6PM Intermediate Level working on School Figures (Steps 1-4) w/technique in all dances, 6:45PM Advanced Level working on School Figures (Steps 5-8) w/technique in all dances, 7:30PM Couples Group: WALTZ. www.DanceObsession.com. (516) 753-2121. Ad pg 7

Little Neck, Queens

Dance with Lourdes Cruz at Spotlight Studio 245-24 Horace Harding Exwy. 10am Salsa, 11am Argentine Tango. 845-977-3482. Ad pg 4

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. 7:00pm-8:00pm: West Coast Swing: Adv. Intermediate, 8:15pm-9:15pm: Slow Intermediate Hustle. www.donnadesimone.us. 516.375.8498. Ad pg 7

DANCES

Flushing

Social Dancing/Tea Dance 2pm-6pm at Queens Ballroom Dance 32-17 College Point Blvd. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. Call for pricing. No partner necessary! Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

TUESDAY MAY 21

CLASSES

Farmingdale

Barney & Debbie's Dance Obsession. 18 Hempstead Tpke. Beginners Fun Group! 7PM Social Bronze Level working on School Figures 1-3 & Line Dances. Geared to the brand new students! All levels welcomed! www.DanceObsession.com. (516) 753-2121. Ad pg 7

Little Neck, Queens

Dance with Lourdes Cruz at Spotlight Studio 245-24 Horace Harding Exwy. 10am Bachata, 11am West Coast Swing. 845-977-3482. Ad pg 4

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. 7:00pm-8:00pm: Advanced Hustle, NEW! 8:15pm-9:15pm: Country Two Step. www.donnadesimone.us. 516.375.8498. Ad pg 7

Westbury

Argentine Tango Lovers 170 Post Ave. Learn Basic Argentine Tango sequentially with Marcelo Mesa 6:30pm to 10:30pm followed by a buffet dinner and a three hour práctica! Adm. \$25 Sherry: 631 242-0686 or cell: 631-495-1435. www.ArgentineTangoLovers.org Ad pg 2

DANCES

Flushing

Social Dancing/Tea Dance 2pm-6pm at Queens Ballroom Dance 32-17 College Point Blvd. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. Call for pricing. No partner necessary! Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

Greenlawn

Join your friends for Band Night with Gail Storm at Swing Dance Long Island at the Huntington Moose Lodge, 631 Pulaski Rd. Lesson at 7:30pm, Band performs at 8pm. \$20/person. Discounts for members. Info: 631-476-3707 or www.SDLI.org. Ad pg 2

WEDNESDAY MAY 22

CLASSES

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. 7:15pm-8:15pm Hustle - Intermediate, 8:15pm-9:15pm Advanced Beginner West Coast Swing. www.donnadesimone.us. 516.375.8498. Ad pg 7

DANCES

Deer Park

Club Brumidi. 2075 Deer Park Ave. 6-10PM Social Dance Mix. Enjoy an Evening of Ballroom and Latin Dancing to a great music mix! Music by DJ Gene & Joanne. www.sonsofitalyLI.com. 516-991-3208. Ad pg 3

Flushing

Social Dancing at Queens Ballroom Dance 32-17 College Point Blvd. 2pm-6pm and 7pm-10pm. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. No partner necessary! Call for pricing. Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

Little Neck

Dance With DJ Pedro at Spotlight Ballroom, 245-24 Horace Harding Expy. Socia Ballroom Dance Mix. 7pm-11pm. Dance is held every other Wednesday. \$20 PP. Coffee, tea & snacks served. DJ Pedro for info: 718-640-8216. Ad pg 5

Merrick

Join us at the Merrick Golf Course - 2550 Clubhouse Rd. (9E Meadowbrook). \$10pp don. 1:15-4:15PM. Bagels, variety of cream cheese, coffee, tea, cake. Bring your friends or make new ones! Complimentary Dance Lesson. Largest Ballroom Hardwood Dance Floor on LI. Strict Tempo Music. Bring your partner or students. All past and present dances played in classic ballroom dancing music and popular line. Free Parking on Premises. 718 332-7825 or email dancezee@aol.com. Ad pg 4

THURSDAY MAY 23

CLASSES

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. NEW! 7:15pm-8:15pm: Beginner Hustle. www.donnadesimone.us. 516.375.8498. Ad pg 7

DANCES

Flushing

Social Dancing/Tea Dance 2pm-6pm at Queens Ballroom Dance 32-17 College Point Blvd. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. Call for pricing. No partner necessary! Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

FRIDAY MAY 24

DANCES

Carle Place

Argentine Tango Lovers Tango Práctica at 375 Dance Studio, 375 Westbury Ave with group and private lessons 8:00pm-11pm. Adm. \$25. Info: Sherry: 631-242-0686. www.ArgentineTangoLovers.org Ad pg 2

Flushing

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Greenlawn

Donna DeSimone's DancXchange Club Night Memorial Weekend Dance Party at Greenlawn Moose Lodge 631 Pulaski Rd. Hustle, WCS, Country Two step, Latin & Smooth. Doors open for student practice at 6:45pm. Free Hustle lesson 7:15pm-8pm. Open dancing 8pm-11pm. You cannot bring drinks into hall, bar but you can bring your own food & snacks. Masks optional, not required. Contact Donna for table reservations for 6 to 10 people \$20pp cash at the door. www.donnadesimone.us. 516.375.8498. Ad pg 7

Massapequa

Dance to the Sounds of DJ Ray! Massapequa Elks Lodge 2162 Veterans Blvd. 8pm-12am. Enjoy a great mix of 50's, 60's, 70's, 80's & today's popular music! Swing, Motown, Hustle, Doo-Wop, Freestyle, Lindy... and a little bit of 2-Step Line Dancing, WCS and a touch of Latin too! Open Bar, Bagels & Desserts, 50/50, Door Prizes, Coffee & Tea. Singles & couples welcome. Info: DJ Ray at 516.385.1720. Ad pg 8

May 2024 Dance Calendar *(Please call advertisers ahead to confirm)*

SATURDAY MAY 25

DANCES

Flushing

Social Dancing/Tea Dance 2pm-6pm at Queens Ballroom Dance 32-17 College Point Blvd. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. Call for pricing. No partner necessary! Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

Lake Ronkonkoma

Ballroom & Latin Dance Dancing at The Waterfalls Ballroom, 400 Cassata Ave. Hosted by Valerie, 7pm-11:00pm, \$20pp, Desserts, Raffles, Singles & Couples. 631-581-8509 or 631-487-3203 or email valmdance@yahoo.com for directions, info or reserve a table. Ad pg 5

SUNDAY MAY 26

DANCES

Flushing

Social Dancing/Tea Dance 2pm-6pm at Queens Ballroom Dance 32-17 College Point Blvd. Group lesson before social. A great mix of ballroom, latin, and club style music is played by our DJ. Call for pricing. No partner necessary! Info: 646-389-5068. www.queensballroom.dance. Ad pg 11

Hollis Hills, Queens

Dance With Me at Hollis Hills Jewish Center 210-10 Union Turnpike. Music by DJ Andrew. 5pm-9pm. 4:30-5pm line dance with Davi. Complimentary Hot and Cold Buffet., dessert and coffee. Raffle & Door Prizes. \$25.00 Per person. Call Nancy for reservations 516-587-4330. Ad pg 15

Westbury

Argentine Tango Lovers 170 Post Ave. 7:30pm-11pm. Monthly Milonga! DJ Marcelo Mesa. Dancing, dinner and Performance by Guillermina Quiroga and Mariano Loguidice! Private lessons available with Marcelo Mesa or Eran Polat There will be Taxi Dancers for the ladies and gents - please call ahead to secure!! Adm. \$30 per person. Reserve your table for six or more with Carmen at 631-266-3691. Questions? Sherry: 631 242-0686 or cell: 631-495-1435. www.ArgentineTangoLovers.org Ad pg 2

MONDAY MAY 27 **HAPPY MEMORIAL DAY!**

TUESDAY MAY 28

CLASSES

Farmingdale

Barney & Debbie's Dance Obsession. 18 Hempstead Tpke. Beginners Fun Group! 7PM Social Bronze Level working on School Figures 1-3 & Line Dances. Geared to the brand new students! All levels welcomed! www.DanceObsession.com. (516) 753-2121. Ad pg 7

Little Neck, Queens

Dance with Lourdes Cruz at Spotlight Studio 245-24 Horace Harding Exwy. 10am Bachata, 11am West Coast Swing. 845-977-3482. Ad pg 4

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. 7:00pm-8:00pm: Advanced Hustle, NEW! 8:15pm-9:15pm: Country Two Step. www.donnadesimone.us. 516.375.8498. Ad pg 7

Port Jefferson

Free Latin Dance Classes with Michelle Vicale at The Curry Club at SaGhar 111 W. Broadway. Starts at 7:00PM. Purchase from restaurant or bar suggested. For more information: michelle@latinballroomlessons.com. Ad pg 2

Westbury

Argentine Tango Lovers 170 Post Ave. Learn Basic Argentine Tango sequentially with Marcelo Mesa 6:30pm to 10:30pm followed by a buffet dinner and a three hour práctica! Adm. \$25 Sherry: 631 242-0686 or cell: 631-495-1435. www.ArgentineTangoLovers.org Ad pg 2

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Greenlawn

Join your friends for DJ and Dancing at Swing Dance Long Island at the Huntington Moose Lodge, 631 Pulaski Rd. Drop-in lesson with at Carol Fraser 7:30pm. \$15/person. Discounts for members. Info: 631-476-3707 or www.SDLI.org. Ad pg 2

WEDNESDAY MAY 29

CLASSES

Melville

Donna DeSimone's DancXchange Dance Studio. 290 Broad Hollow Rd. 7:15pm-8:15pm Hustle - Intermediate, 8:15pm-9:15pm Advanced Beginner West Coast Swing. www.donnadesimone.us. 516.375.8498. Ad pg 7

DANCES

Deer Park

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Merrick

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THURSDAY MAY 30

CLASSES

Medford

Free Latin Dance Classes with Michelle Vicale at Little Mexico 3253 Horseblock Road. Starts at 7:30PM. Purchase from restaurant or bar suggested. For more information: michelle@latinballroomlessons.com. Ad pg 2

Melville

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DANCES

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FRIDAY MAY 31

DANCES

Carle Place

Argentine Tango Lovers Tango Práctica at 375 Dance Studio, 375 Westbury Ave with group and private lessons 8:00pm-11pm. Adm. \$25. Info: Sherry: 631-242-0686. www.ArgentineTangoLovers.org Ad pg 2

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Dance Instructors and Studios

375 Dance Studio

375 Westbury Avenue
Carle Place, NY 11514
516-500-9375
www.375dancestudio.com

Ballroom Legacy

185 Glen Cove Ave Suite A
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Email: lourdes@divaballroomdancing.com

Mark James & Karen Lupo

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www.UltimateDanceZone.com

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Email: QueensBallroomDance@gmail.com
Web: www.queensballroom.dance

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The
dance
CALENDAR

www.TheDanceCalendar.com

Dance Events

375 Dance Studio

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Carle Place, NY 11514
516.500.9375
www.375dancestudio.com

Social Dancing with DJ Scott

Knights of Columbus
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631.277.7774 or 631.513.1055

Anthony's Live Dance Events

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235 Lake Shore Road
Lake Ronkonkoma, NY 11779
and...
Beach Club Estate
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Lake Ronkonkoma, NY 11779
www.Anthonyslve.com

Argentine Tango Lovers of LI

Mirelle's
170 Post Ave.
Westbury., NY 11590
631.242.0686
www.ArgentineTangoLovers.org

Barney & Debbie's Dance Studio Monthly Friday Night Socials

Obsession Dance Studio
18 Hempstead Turnpike
Farmingdale, NY 11735
516.753.2121
www.danceobsession.com

Club Brumidi

2075 Deer Pk Avenue
Deer Park, NY 11729
516.991.3208
www.sonsofitalyLI.com

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Sayville, NY 11782
and...
2301 Penatiquit Avenue
Seaford, NY 11783

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Spotlight Ballroom
245-24 Horace Harding Exwy
Little Neck, NY 11362
917.519.1531

Dance With Me - Ballroom Mix

Hollis Hills Jewish Center
210-10 Union Turnpike
Hollis Hills, NY 11364
516-587-4330

Dance to the Sounds of DJ Ray Oldies Nights

Massapequa Elks Lodge
2162 Veterans Blvd. Massapequa, NY
516.385.1720

Dance with DJ Pedro Ballroom Mix

Spotlight Studio
245-24 Horace Harding Expy
Little Neck, NY 11362
718.640.8216

Dance with Donna DeSimone DancXchange Club Nights

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www.donnadesimone.us

Italian Charities of America Saturday Night Dances

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Elmhurst, NY 11373
718-478-3100
www.italiancharities.org

Michelle Vicale's FREE Latin Classes

Email Michelle@latinballroomlessons.com for dates at the following venues:
Little Mexico Restaurant
3253 Horseblock Rd. Medford, NY 11763
and...
The Curry Club
111 W. Broadway
Port Jefferson, NY 11777

Nick & Pearl's Society Tempo Grand Kismet Dances

Merrick Golf Course Dansant
2550 Clubhouse Rd. (M9E Meadowbrook Pkwy)
Merrick, NY 11566
718.332.7825
Email: dancezee@aol.com

Queens Ballroom Dance Monthly Dances and Tea Dances

32-17 College Point Blvd
Queens, NY 11354 646-389-5068
Email: QueensBallroomDance@gmail.com
www.queensballroom.dance

Spotlight Dance Studio

245-24 Horace Harding Expy
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www.industrymakers.art

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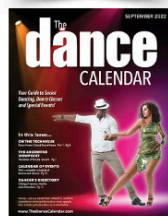
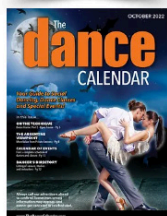
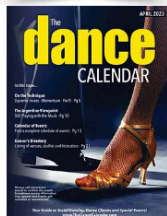
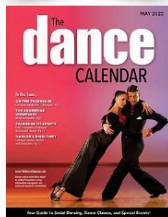
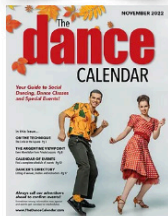
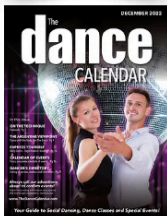
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