

MASSabda Newsletter

WWW.MASSABDA.ORG



*Promoting the Quality and Quantity
of Ballroom Dance in Massachusetts*

March - April 2025

V1



MASSabda Monthly Dance

Follow us on Facebook

**Thursday
March 6,
2025**



7:00 PM Lesson : NC 2 Step

Steele Shane

Longfellow Club

Wayland, MA

8-10:00 PM Dancing

To the music of

DJ Brenda Fariole

♥ Mixer

♥ Light Refreshments

♥ Beautiful Dance floor

Showcase:: TBA

WHERE:

Dance New England

The Landing

(Formerly Chelmsford Mills)

66 Princeton St.

North Chelmsford

MA 01760

plenty of Parking

contact: massabda.org or
massabdaneewsletter@gmail.com



**Open to
the Public**

USA Dance
Members \$15

Non-
Members \$20

Students \$12

MASSabda Monthly Dance

Follow us on Facebook

**Thursday
April 3,
2025**



7:00 PM Lesson : TBA

♥ Mixer

8-10:00 PM Dancing
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♥ Light Refreshments

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Join Us for Ballroom Dancing & TWICE in March!!

March 22, 2025

“The St. Patrick’s Day Ball”

~Special Performances by our Celtic Companies~

WALTZ Workshop Class with STEELE SHANE!!!

6:15pm to 7:00pm

Complimentary Coffee, Tea & Cookies

Dancing from 7:00pm to 9:30pm

\$25/Workshop and Dance

\$20/Dance Only

March 29, 2025

~Join us for an Extra Evening of Dancing this Month~

Workshop Class TBA

6:15pm to 7:00pm

Complimentary Coffee, Tea & Cookies

Dancing from 7:00pm to 9:30pm

\$25/Workshop and Dance

\$20/Dance Only

April 19, 2025

“The Spring Ball”

~Wear your favorite Florals~

Workshop Class TBA

6:15pm to 7:00pm

Complimentary Coffee, Tea & Cookies

Dance from 7:00pm to 9:30pm

\$25/Workshop and Dance

\$20/Dance Only

Beautiful 3,000 sq. foot Grande Ballroom
American and International Style Music
Couples and Singles Welcome
Alcohol Free * Smoke Free * Light Cash Bar
Complimentary Coffee, Tea and Cookies
Complimentary Raffle for a FREE Saturday Night Out
Complimentary Bottle of Champagne for any Special Birthdays or Anniversaries
www.danceneewengland.com*978-251-1700
GPS Address: DNE School of Dance, The Chelmsford Mills
66 Princeton Street, North Chelmsford, MA



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

*Be Part of The Beauty of
 Theater And Dance
 A La Cirque Du Soleil*

Friday - Sunday • April 4th - 6th, 2025

Rates start at \$604 per person

All Inclusive (excluding tax)

Add Thursday Night for an additional

\$195 pp double occupancy • \$210 single occupancy

DEPOSIT: \$150 PER PERSON

Your All Inclusive Weekend

Package 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



*Edgar Osorio, CEO
 Master of Ceremonies*

*Ballroom Dance
 Alexandra & Stephanie
 Munteanu*



*Argentine Tango
 Guillermina Quiroga &
 Mariano Logiudice*



World Class Entertainment

World Class Entertainers

Ballroom Dance - Alexandru & Stephanie Munteanu

Argentine Tango - Guillermina Quiroga & Mariano Logiudice

TBA

Check our website for further updates.

www.Stardustdance.com

Dance Instructors

Edgar Osorio, Lou Brockman, Heather Gehring,
 Joyce Henderson, Linda Leverock, Richard Givney,
 Kelvin Roche, Lori Ann Greenhouse-Roche, Leon Harris.

Fitness Instructors

Molly Gelsomino - Stretch
 Jennifer Van Etten - Pilates

Dance Hosts Available for Followers

Stardust Favorite DJs

Michelle & Bob Friedman | Ballroom
 Harry Trinidad | Latin • Walter Perez | Argentine Tango
 Lou Brockman | West Coast Swing/Hustle/California Mix

Future 2025 Stardust Dance Weekends

June 13-15 • September 12-14

November 21-23

MAKE YOUR RESERVATION NOW!

BOOK ON-LINE: www.STARDUSTDANCE.com • BOOK ON PHONE: (CELL) 845-796-6511 (OFFICE) 845-794-4982 • (Outside US) 1-845-794-4982

OPEN: Monday - Friday 9am-5pm • Email Us: info@stardustdance.com

Produced by: **Edgar Osorio, CEO Stardust Dance**

All information & FAQs on-line or call us for any questions.

PATRIOT DANCE FESTIVAL

Dazzling **DISCO**



NIGHT CLUB SECTION

APRIL 26TH, 2025

BURLINGTON MARRIOTT

WEST COAST SWING	MERENGUE
HUSTLE	SMOOTH
SALSA	RHYTHM
COUNTRY	BALLROOM
BACHATA	LATIN

**SUPERCHARGE YOUR DANCING!
SUNDAY MASTER CLASSES WITH
JOHN NYEMCHEK!**

**ANYBODY CAN COMPETE!
ASK YOUR FRIENDS, OTHER-HALF,
YOUR TEACHER! IT'S ABSOLUTE FUN!**

WWW.PATRIOTDANCEFESTIVAL.COM



New England Dance Festival 2025

The Social Dance Weekend Of The Year!

3 Events In 1:

Country, Swing, Ballroom

Workshops—Social Dancing—Competition

★ ★ July 31st - August 3rd, 2025 ★ ★

Held at Boston Marriott Newton

- Non-Stop Dancing
- Tons Of Daily Workshops
- Cross Over Between All 3 Styles
- Top Instructors From USA, Canada & Europe
- Social Dancing All Night Long
- Country Dance Competition
- WSDC Jack & Jills
- Just For Fun Competition
- Thursday Night Kick-Off Dance

Early Bird Discount Weekend & One Day Passes available.
Our room block always sells out at the Marriott so book early!

★ Come join the fun! ★

www.nedancefestival.com

newenglanddancefestival@gmail.com • 401-736-0110



USA DANCE

DANCING *for* AMERICA™

The Benefits of Dancing

Dancing is a good way to keep yourself physically active. Other advantages and benefits of dance include, but are not limited to, the development of discipline, self-esteem, team work, creativity, and participation in the performing arts as listed in this chart.

PHYSICAL	INTELLECTUAL	ARTISTIC	SOCIAL	INDIVIDUAL
Fitness	Intellectual Stimulation	Arts Appreciation	Teamwork	Confidence
Coordination	Calculation & Planning	Musicality	Communication	Listening Skills
Cardiovascular Conditioning	Sequential Learning	Creative Expression	Camaraderie	Self-Discipline
Flexibility	Patterns	Imagination	Cooperation	Sense of Accomplishment
Core Strength	Spatial Development	Innovation	Enjoyment	Persistence
Reduces Stress	Increased Motivation to Learn	Rhythmic Expression	Reduces Depression	Self-esteem
Balance	Mental Flexibility, Problem Solving	Music Variety	Interaction	Weight Control
Stamina	Right & Left Brain Inclusion (Holistic Thinking)	Music Appreciation	Meet New Friends	Open to New Ideas



W H Y B A L L R O O M D A N C E

General Benefits

Ballroom dancing is fun and is a great teacher. It teaches:

- Relationships necessary in close teamwork
- Discipline through practice and routines
- Goal setting, planning and actions to achieve agreed goals
- An appreciation and further understanding of music's rhythm and tempo
- Economics and fluidity in movement
- Poise and balance
- Self-confidence

In summary, it teaches skills and abilities that will be very useful throughout your life - in social situations, in business growth, and in offering a great exercise.

Physical Benefits

Physically, the general conditioning that ballroom dancing provides will benefit you in many ways. If you practice regularly, you will build stamina equal to that of soccer players or runners. You will acquire far more lasting physical stamina than football or baseball players who "stop and start" rather than continuously move.

Another plus is that ballroom dancing will provide excellent physical conditioning without the risk of injury inherent in some physical sports.

With dance, you will become involved with disciplines and movements that can instill innate knowledge of body dynamics and skills that will enhance your life in many ways. Mutually engaging in dance with a partner requires balance, synchronized and coordinated movement, and this develops prime and usable body skills.

Mental Benefits

Mentally you will find great satisfaction in the achievements afforded by dancing - whether "a great dance" in social situations, or participating in a hotly contested competition. Students are greatly drawn to competition endeavor. Unknown to most, dancing offers keen and top-grade competition in formation teams, team matches, and couple dancing.

Ballroom dance programs usually include top academic leaders of the school or college. They are attracted to ballroom dancing by both the mental and physical challenge.

Ballroom dancing will stretch your thinking and "do-it" abilities. As your dancing improves, the sense of achievement will build confidence and pride. The teamwork needed to dance with a partner is mutually stimulating to concentration and learning.

Regardless of your age, dancing will be an excellent learning experience in discipline, achievement, assuredness, and self-confidence. These favorable attributes then will transfer to other aspects of your life and this will provide even greater benefits in your future. When you dance you will enjoy it and thrive.

Social Benefits

Ballroom dance clubs provide a great social network in a controlled environment that is free of smoking, alcohol, and drugs.

Emotional health is impacted in a positive way by learning a new skill and achieving set goals. Socially, you will discover a new alliance with the opposite sex, an alliance built on courtesy, consideration, and mutual achievement.

As a good dancer you will find yourself much appreciated at social functions and always popular. This will build "social confidence."

Ballroom dancing, a valuable lifetime social skill, will provide much joy and be useful for your entire life. It is a skill to be learned, practiced, enjoyed frequently and treasured.

Career Benefits

The ability to dance well is a definite asset at social events related to the business in which you are engaged. The poise and confidence developed on the dance floor translate into everyday life in myriad ways.

WhyDanceRev. 10-08; 8-11

Info. provided by USA Dance Inc. 800-447-9047 www.usadance.org

DANCE

FIRST



THINK

LATER

-SAMUEL BECKETT



MASSabbda at DNE 01-09-2024

Return Address:
6 Pollard Rd
Nashua, NH 03062



*Promoting the Quality and Quantity
of Ballroom Dance in Massachusetts*

MASSabda Board of Directors 2025

Officers

Brian Chisholm	339 927-0226	President
Mary Harvey	781 281-9790	Vice President, Webmaster
Joseph Ardagna		Secretary
Anita Murphy	978 201-1493	Treasurer, Outreach to Seniors and Disabled

Members At Large

Jim DiCecca	978 884-1090	Programming Advisor
Alice Chek	857 891-9909	Membership Director and Social Media
Larry Rumbaugh	603 531-1498	Newsletter Editor

Assistants/Volunteers/Committee Members

Laurie McKeown	617 851-0464
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