



Dance instructor Sylvia Liles leads her class of seniors who come once a week to Milton's Senior Citizens' Recreation Centre to learn line dancing. Mrs. Liles has been teaching the classes for almost a year. Dancers form a circle at right.

These dancers don't need partners

By ANDREW BRUCE

"I love it."

That's what 82-year-old Bell Thomas says about the line dancing class she attends once a week at the Canadian Legion in Milton.

Ms. Bell, a Milton resident, was one of the first to attend when the classes began a year ago. She's also the type of person the line dancing classes were designed for.

Line dancing involves cued steps, similar to square and round dancing, except it can be performed without a partner.

Line dancing is perfect for "women

who like to dance as a couple, when all of a sudden they don't have one to dance with anymore," said Sylvia Liles, who teaches the classes, as well as four others in Cambridge and Roseville.

Mrs. Liles, whose husband Norman is also a dance instructor, maintains dancing "is the best possible of recreations. (It's) for people who don't just want to sit and watch TV."

On average, the women who participate in the classes are between the ages of 50 and 60, but 20-year-olds have been known to come to the classes, Mrs. Liles said. And, of course, there are participants like Ms Bell, who are "just amazing."

The classes run once a week on Thursday mornings for two hours starting at 10. a.m.

Mrs. Liles said she is hoping to start a beginners' class soon. There is a charge of \$3 per class. Anyone wishing to learn to dance may call Thelma Bousfield, a dance student, at 878-9207.

Mrs. Liles emphasised anyone who is interested in coming to the classes need not worry about whether or not they can dance or if they will have trouble learning the steps. "A lot of people have problems learning and remembering the steps, but just want to participate. That's what it's all about."



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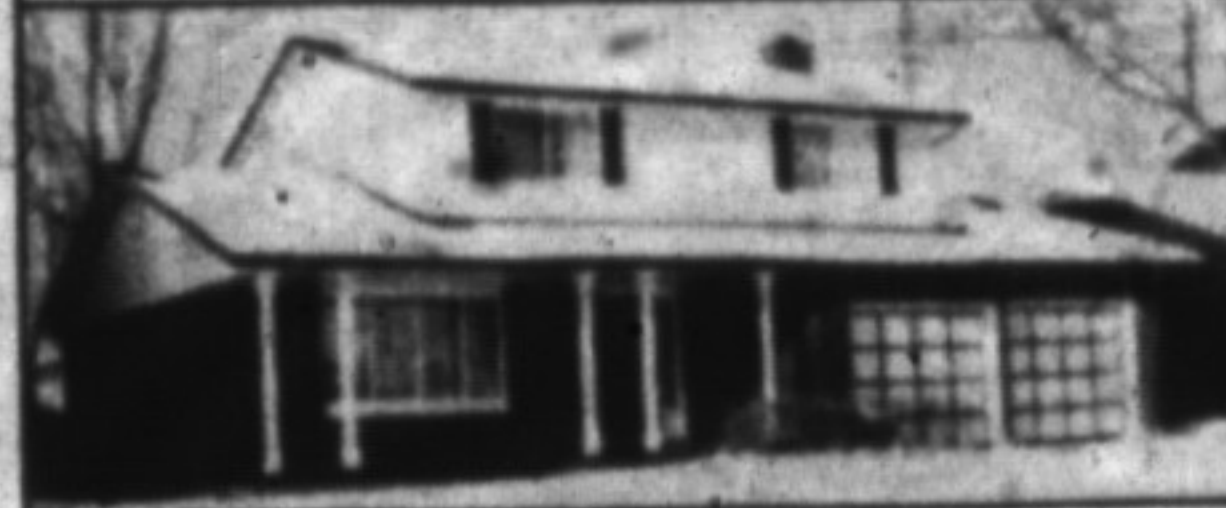
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