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COMING EVENTS

Wednesday, April 11th, 1:30 p.m. - At South Bay U. C. Hall, all ladies of the church are invited to come and participate in the fellowship of the church.

Devotional - Prissilla Fowler, Roll Call - an Easter Exchange, Program - Pat York, Social - Maureen Rudd, Lunch - Helen Miller, Dodie Dance Objective - Silent Auction.

Thursday, April 12th, 1:30 p.m. - Milford Friendship Circle ladies will meet at Milford Town Hall.

Hostesses - Margaret Crouse, Merle Evans; Thought for the Day - Marge Drury; Roll Call - Easter Egg Exchange; Program - Project - Portrait of members.



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Bellydancing - Continued from page 1

moving at the same time but in different ways, and the stomach muscles learning to move independently again of hips and ribs in a undulating fashion. It's great fun, and there's a lot of laughter and camaraderie during classes.

Whether dancing with others or dancing alone, you'll get lost in the hypnotic movements - raised arms elegantly crooked above the head - head turned slightly aside - hips undulating in gentle circles or in vibrating shimmies - bare feet reaching up on tiptoe, as your hips sway and your feet move to the haunting music of the far east.

While classic Belly Dancers wear veils, scarves, belts, and full swirling skirts, Bay's students wear comfortable western garb but also learn to use the veil.

Last year, Bay told me that she took her class outdoors, and I picture wispy veils gently lifting and falling in soft summer breezes; emotions full of joy, pleasure, love. She says dancing is a great massage for both back and organs - massage releases beneficial endorphins - a perfectly therapeutic exercise. Bay's own instructor had previously suffered a spinal-cord injury but, through bellydancing, regained flexibility and great good health as the injured parts of her body healed. The dancing relieves

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NOTICE

All enquiries regarding use of the Milford Town Hall should be directed to Freda Spice at 476-8003



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