



For only \$5, dancers at the Plano Senior Center enjoy live music, dancing, refreshments, and they have a chance to meet new people.

Dancing with the ... seniors

From a cheeky Cha Cha to a hip-rolling Rumba, 165 dancers who range in age from 50 to 90 years old prove that you can be a senior and still be a star. Every Tuesday from 7 - 9:15 p.m. the Plano Senior Center becomes a stage for live music and dancing—minus Len, Bruno, and Carrie Ann.

Kaaren Teuber, 65, is the chairperson of the dance committee at the Senior Center. “Some say dancing is considered the best cardiovascular exercise,” Teuber said. “The claim is that it slows down Alzheimer’s because you have to think and you’re moving physically at the same time. You stay agile.”

About ten dance hosts are available for unescorted dancers. “So your chances of getting many dances in an evening are great!” said Teuber.

The seniors certainly don’t stick to one routine. “We are predominantly ballroom dancers,” said Teuber, “but [after that] the most popular is the Foxtrot, followed by the Waltz. A lot of people like to do the Tango, the Cha Cha, the Rumba, the Samba—think Carmen Miranda with her big hat of fruit,” Teuber laughs. — *Britney Porter*



Gayla Bridges and Don Flatt rock ‘n’ roll.



Alene Donaldson and Rolf Sneider.



Dixie Kroll and José Delgado love the Latin dances.



Trudy Evans and Marty Gross.



Nancy Boesch and Quintin Williams.



Jesse Verdin and Kaaren Teuber.



Barry Gazaway and Carol Shinoda.