



## A Message from the Board

What an awesome time we all had at the Joan Walker Memorial dance. Nine squares and more people observing our skills. Thank you, Ileana, for monitoring the board. We had plenty of salads and dessert thanks to our great Sets in Step cooks. Not only SIS members brought food, but our visitors as well. Michael Fox made the amazing tomato and cucumber salad. Yukie, what a superb job you did on the flowers and labels. I have to be honest: my thumb is still numb from cutting out hearts. Well done, Sets in Step! It amazes me how we pull off such a first-rate dance every time, thanks to everyone working together.



I want to salute Susan, Stam, Al, and Jay for keeping things going at the class while Ileana and Will were on vacation. Susan was even faced with problem solving when she went to the church and found photo equipment taking up our floor space. Strong work, Susan!

I want to recognize our super star, Stam Hill. Stam played Larry in "Company" at the Ahaiah Center in Pasadena. Fantastic job, Stam! I'm still wondering if Robert chose one of those young ladies as a wife or did he give up on marriage totally.

Jinger – welcome back! It was wonderful seeing you on the dance floor at class Tuesday night (on October 21<sup>st</sup>).

Karyn texted on the 22<sup>nd</sup> that Don's checkup with the neurologist went great. Glad to hear you are making progress, Don, and Karyn you have survived as well. We know how devoted you have been to Don.

Bob Keiter is home after being in the hospital. His daughter said he is getting stronger every day.

Gail Poulson is home as well. She says she is OK and on the road to recovery.

Let's keep up the good work,

Sandy MacLennan

Sets in Step Party Chairperson

... and a special article, shared by Sandy:

### Options for Creative Aging

*by Myrna R.L. Samuels, PhD*

- 1. Reconnect with family and friends.** Let go of real or imagined hurts. Reach out, listen well, re-contact friends and family.
- 2. Be creative.** The opposite of death is growth. Learn something new. Develop a passion for a new activity, hobby, or skill. Take a class.
- 3. Improve your communications skills.** Learn to be assertive rather than passive or aggressive. Listen without criticism or judgment.
- 4. Develop your spiritual self.** Listen to music, admire a painting, pray or meditate, sing and dance, enjoy a sunset. Live life to the fullest.
- 5. Make a schedule.** Create a daily activity plan and follow it. Include meaningful activity and reach out to help someone else.
- 6. Use humor.** Find the joy and humor in life –amusing incidents and human foibles. Laughter is physically healthy.
- 7. Ask for help when you need it.** Community resources are available to everyone. Call local hospitals, senior centers, colleges, or mental health facilities.
- 8. Share yourself.** Give of yourself, your talents, your wisdom and your skills to help others. Volunteer at your local school, church, hospital or community.
- 9. Take a risk.** Try new and different things. Say “yes” when you usually say “no.” Be courageous. Only a person who risks is free.
- 10. Accept the challenge.** Reinvent yourself. Develop a unique personalized model of your future, starting today, one step at a time.

## Visitations

In November we're going to visit the Grin-n-Square-Its for their 61<sup>st</sup> Anniversary Dance and Turkey Shoot! Saturday, November 15<sup>th</sup>, 7:00 – 10:00 pm, at the First United Methodist Church located at 5957 Golden West Ave in Temple City, CA 91780. Mike Haworth calling; alternating SSD and Plus. If you plan to go, please sign up on the sign-up sheet at our next club dance.

Then in December we will again be supporting the annual CHiPs for Kids toy drive, hosted by the San Gabriel B'b'B s. Saturday, December 6<sup>th</sup> at the First United Methodist Church, 5957 Golden West Ave in Temple City. The dance is from 2:00 – 5:00 pm. See Al York for more information.



## Some memories of the Joan Walker Memorial Dance



A really great dance, with lots of visitors, and so much fun to dance to Darren Gallina and the Cross Fire Band! We were honored by a visit from Joan's son and daughter in-law, Doug and Madeline Walker.

Also pictured above: some of the many badges and ribbons that Joan collected over the years.

*(photo credit: Stam Hill, club historian)*

## Dance Classes

...continue on Tuesdays, with Dale Hoppers as our instructor.

7:00 – 7:45 Mainstream and Plus... then stay for:

7:45 – 9:30 Social Square Dance (SSD)

Mt. Olive Lutheran Church, 3561 Foothill Ave., La Crescenta, CA 91214.

A shout out and huge Thank You to everyone who has been helping each week with the setup, clean up, bringing snacks, etc. Let's keep coming out to support the new dancers!



Reminder: If you have one of the yellow yard signs that we used to advertise in August for the upcoming class for new dancers, hang on to it! We will want to put those signs out wherever we can again in December, to let people know about the classes that will be starting up in January. If you cannot store your sign, please return it to Ileana.

## Club Dances

Date	Caller	Theme (for party dances)	Refreshments (for party dances)
NOV 7	Paul Waters		
NOV 21	Janienne Kellogg	Theme: Red, White and Blue	sweet: Jinger Valenzuela salty: Pat Engel fruit: Kay Goeden
DEC 5	Shauna Kaaria		
DEC 19	Michael Kellogg	Theme: Winter Wonderland	Food will be provided by club members. Our party chair will have signups ahead of time.

**... and coming in 2026:**

*Please take a close look at the refreshment assignments for 2026! Our party chairperson (Sandy) has carefully spread out the refreshment duties so that the work of supporting the club is as equitable as possible. If you cannot make your assigned date, please try to swap with someone else in the club.*

JAN 2	Rod Shuping		
JAN 16	Janienne Kellogg	Welcome New Dancers	sweet: Carol salty: Susan fruit: Sandy
FEB 6	Don Schadt		
FEB 20	Mike Seastrom	Sock Hop '50's (decorator: Marie)	sweet: Stam salty: Marie fruit: Connie
MAR 6	Dale Hoppers		
MAR 20	Paul Waters	Spring Fling	sweet: Al salty: Karyn fruit: Don
APR 3	Phil Farmer		
APR 17	Bill Gipson	Hippity Hop	sweet: Gail salty: Jim fruit: Arlene
MAY 1	Janienne Kellogg		
MAY 15	Darren Gallina and the Cross Fire Band	68 <sup>th</sup> Anniversary Dance!	Sandy will have signups for everyone to bring something.
JUNE 5	Shauna Kaaria		
JUNE 19	Michael Kellogg	Angel Appreciation	sweet: Estela salty: Lakshmi fruit: Jay
JULY 3	Andy Allemao		
JULY 17	Rod Shuping	Novelty T-shirts	sweet: Pat salty: Will fruit: Ileana
AUG 7	Dale Hoppers		
AUG 21	Don Schadt	Aloha Night	sweet: Yukie salty: Gary fruit: Jinger
SEPT 4	Bill Gipson		

SEPT 18	Phil Farmer	Baseball Fever	sweet: Bob salty: Carol fruit: Sandy
OCT 2	Paul Waters		
OCT 16	tbd	Guys N Ghouls	sweet: Susan salty: Stam fruit: Marie
NOV 6	Mike Seastrom		
NOV 20	tbd	Turkey Trot	sweet: Connie salty: Karyn fruit: Don
DEC 4	Shauna Kaaria		
DEC 18	Michael Kellogg	Holiday Joy	Sandy will have signups for everyone to bring something.

The above dates and callers are subject to change; check the latest info on our website:  
<https://www.setsinstep.org/schedule-of-dances-and-events.html>



**November 17th:**  
**Jinger Valenzuela**

**and a reminder: Board Meeting 11/5/2025 at 7:00 PM via Zoom  
... minutes and zoom info will be emailed ahead of time.**