



LINE DANCING



Line dancing is a great way to have fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on you face. Each dance is first broken down, demonstrated and then danced to old favorites and contemporary music that you will enjoy! No need to have a partner and no experience is necessary!

Monday 10:00 - 11:00 AM

The Center at the Heights (CATH)
300 Hillside Street Needham MA
781-455-7555

Monday 12:00 - 1:00 PM

Medfield COA
One Ice House Road Medfield MA
508-359-3665

Monday 1:30 - 2:30 PM

Newton COA - Hyde Community Center Gym
90 Lincoln Street, Newton Highlands, MA
617-796-1670

Tuesday 9:00 - 10:00 AM

Stow COA
509 Great Road Stow, MA
978-897-1880

Tuesday 1:30 - 2:30 PM (1:15 PM)

Lexington Community Center
39 Marrett Road Lexington, MA
781-698-4844

Tuesday 3:30 - 4:30 PM

Shrewsbury COA
98 Maple Ave Shrewsbury, MA 01545
508-841-8640

Wednesday 10:30 AM - 11:30 AM

Millbury COA
1 River Street Millbury, MA
508-865-9154

Wednesday 12:30 - 1:30 PM

Holliston COA
150 Goulding Street
Holliston MA
508-429-0622

Wednesday 2:30 - 3:30 PM

Acton COA
30 Sudbury Road Rear, Acton, MA
978-929-6652

Thursday 2:15 - 3:15 PM

Sudbury COA
40 Fairbank Road Sudbury MA
978-443-3055

Friday 10:00 AM - 11:00 AM Beginner 1

Friday 11:00 AM - 12:00 PM Beginner 2
Hudson COA
29 Church Street Hudson MA
978-568-9638

Friday 1:00 - 2:00 PM

Grafton COA
30 Providence Road Grafton MA
508-839-9242

Evening Line Dance

Monday 7:30 - 8:30 PM

Dover-Sherborn Adult Ed
Middle School Gym
155 Farm St, Dover, MA
dscommmed.communityroot.com
508-785-0036 x 7516

Tuesday 7:00 - 8:00 PM

Westwood Recreation
Westwood COA Senior Center
60 Nahatan Street Westwood MA
Register online at www.westwoodrec.com

Wednesday 7:00 - 8:00 PM

Needham Recreation
178 Rosemary Street Needham MA
Register online at NeedhamPrograms.com

**Live Love
Line Dance**



stepsinline.com

Paul Hughes is a Line & Ballroom Dance Instructor and teaches group classes at various Senior, Recreation & Community Centers throughout MetroWest Boston. His mission, purpose and passion in life is to offer something of value and meaning to others that will enhance and transform people's lives for the better through sharing the many positive physical, mental and social benefits of dancing.

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