



# 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 1:30 - 2:30 PM**  
Lexington Community Center  
39 Marrett Road Lexington, MA  
781-698-4844

**Wednesday 10:30 AM - 11:30 AM**  
Millbury COA  
1 River Street Millbury, MA  
508-865-9154

**Wednesday 2:30 - 3:30 PM**  
Acton COA  
30 Sudbury Road Rear, Acton, MA  
978-929-6652

**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  
[dscommed.communityroot.com](http://dscommed.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](http://www.westwoodrec.com)

**Wednesday 7:00 - 8:00 PM**  
Needham Recreation  
178 Rosemary Street Needham MA  
Register online at [NeedhamPrograms.com](http://NeedhamPrograms.com)

Live Love  
Line Dance



[stepsinline.com](http://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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**617-759-1568**