

DANCING TOGETHER



Senior Alliance NSC is pleased to announce “Dancing Together” program that will provide a series of Dance and Therapy workshops specifically designed for people over the age of 60 and/or individuals with limited mobility.

The program will help seniors connect better to the community, as well as improve their overall health and maintain a positive attitude towards life. The workshops will take place on Tuesdays from 1:30pm - 3pm (45min- Stretching; 45min- multicultural dance) and will culminate in a public performance in May 2016.

The performance will showcase the work that was learned during the program and will include dances, such as Middle Eastern, Social, Character dance and others. In addition all the seniors who register for the program will be given complimentary tickets to attend Brighton Ballet Theater's events.

BBT’s “Dancing Together” program is an excellent opportunity for seniors to socialize, to feel young and energetic and improve their overall health while expressing themselves creatively throughout the program.

To enroll, please contact the Center Director,
Olga Golovan in person or at **(718) 646-4100**



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