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The School of Dance  
200 Crichton Street  
Ottawa, ON K1M 1W2

613-238-7838

[aide@theschoolofdance.ca](mailto:aide@theschoolofdance.ca)

[www.theschoolofdance.ca](http://www.theschoolofdance.ca)

Artistic Director  
Merrilee Hodgins A.R.A.D.

Charitable Registration  
#119253391RR0001

**The  
School of Dance**

The School of Dance presents

## Seniors Say

Our innovative dance and wellness programming for Seniors. Join us in a class, stay for coffee and conversation, participate in our cultural visits to the iconic institutions of Ottawa. Meet new friends. Volunteer your time. Learn more about your Canada. All ages welcome!



### Connecting with Dance for people with Parkinson's

#### 10 week session at The School of Dance

200 Crichton Street, Studio 3

Stairs at the front of the building

Tuesdays, January 7 to March 10, 2020, 1:00-2:00pm

#### 10 week session at Dovercourt Recreation Centre

411 Dovercourt Avenue, Carling Motors Room

Accessible space

Wednesdays, January 8 to March 11, 2020, 1:00-2:00pm

#### 10 week session at Residence Saint-Louis

879 Hiawatha Park Road, Orleans

Accessible space, classes will be held in the Auditorium

Fridays, January 10 to March 13, 2020, 1:00-2:00pm

### Life with Rhythm for people with Parkinson's

#### 10 week session at The School of Dance

200 Crichton Street, Studio 3

Thursdays, January 9 to March 12, 2020, 1:00-2:00pm

#### Dance is BEST®

#### 10 week session at Residence Saint-Louis

879 Hiawatha Park Road, Orleans

Accessible space

Fridays, January 10 to March 13, 2020, 2:00-3:00pm

All sessions are free of charge.

This project is funded in part  
by the Government of Canada.

**Canada**

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## Seniors Say Course Descriptions

### **Connecting with Dance for people with Parkinson's**

Creative movement exercises completed during Connecting with Dance classes encourage and inspire participants with Parkinson's of all abilities to move and interact with each other expressively and with confidence. The use of imagery and live music motivates participants to strive to rediscover a broad range of movement possibilities whether seated or standing. Care partners are encouraged to participate.

### **Life with Rhythm for people with Parkinson's**

Developed by Susan Goodridge PT and Maria Shepertycki, Life with Rhythm classes combine the enriching effects of interconnected movements, live music and social opportunities. Dynamic whole body exercises performed in standing provide an opportunity for participants to complete fluid movement patterns requiring moderate to high levels of mobility.

### **Dance is BEST®**

Dance is BEST® classes engage seniors of all abilities in creative movement activities that encourage expression, interpersonal communication and a broad range of physical movements. Live music, props and the use of imagery boost the potential for active participation.

### **Cultural Visits**

Want to be part of our tours as a participant or volunteer?! Put yourself on our list. Sites include the National Gallery of Canada, Rideau Hall, the National Arts Centre

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and more!

### **About the Programme Leaders**

**Maria Shepertycki** is a teacher and choreographer with both The School of Dance and the Svitanok Ukrainian Dance Society, and a Physiotherapy Assistant for a select number of private Physiotherapy practices in the Ottawa area. Maria is trained in and provides treatment activities specifically for people with Parkinson's under the direction of LSVT Big! and PWR! Clinicians.

**Nenad Duplancic** started his career in 1980 as a ballet accompanist, in Belgrade, former Yugoslavia. In 1993 he joined The School of Dance artists and inspires students of all ages with his original music.

### **About The School of Dance**

Located at 200 Crichton Street in Ottawa, The School of Dance has an international reputation as a centre for excellence in arts education. Each year The School touches the lives of over 70,000 Ontarians with special outreach programmes including DragonFly® for learners with Down syndrome, Boys Only! classes, Dancing in the Street, DanceONTour® school visits and Dance is BEST®, in collaboration with Bruyère Continuing Care.

Connecting with Dance and Life with Rhythm are  
registered programmes of Dance is BEST®

**If you would like more information please call us  
at 613-238-7838 and we will help you to register!**