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The School of Dance  
200 Crichton Street  
Ottawa, ON K1M 1W2  
[www.theschoolofdance.ca](http://www.theschoolofdance.ca)  
613-238-7838

Artistic Director  
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Charitable Registration  
#119253391RR0001

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Canada



ONTARIO ARTS COUNCIL  
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Ontario

Ottawa

The School of Dance

# The Hands of TIME: Our Stories



## Seniors Choreography Project

Mondays, 11:00am-12:00pm | Teacher: Maria Shepertycki

Develop your movement vocabulary and creative expression! Let's work together to design and present movement sequences that explore intriguing individual and group themes.

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

Tuesdays, 1:00-2:00pm | Teacher: Maria Shepertycki

Join us as we gather together to dovetail creative movement and music! Let us encourage and support you as we move through interpretive, seated and standing exercises designed to activate and ease you from head to toe.

Please note: this class is held at Memorial Hall (accessible space) - Mackay United Church (39 Dufferin Road) near the corner of Dufferin & Avon Lane.

## Trellis UP! for Seniors and people with Parkinson's

Thursdays, 1:30-2:30pm | Teacher: Maria Shepertycki

This class will keep you **UP** on your feet throughout the hour as we complete standing exercises designed to further develop your artistry and overall mobility including walking, co-ordination, posture and balance.

### Interested?!

Contact [registrar@theschoolofdance.ca](mailto:registrar@theschoolofdance.ca) or call 613-238-7838 and we'll provide you with the information you need to join us! Registration is free of charge!

### Please note:

The School of Dance building at 200 Crichton Street is not wheelchair accessible and there are stairs at every entrance.

3-hour free street parking is available near The School of Dance and Memorial Hall.

Photo: Nicola Fridgen

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