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The School of Dance June & July 2026 Programmes

# Connecting with Dance

## for Seniors and people with Parkinson's



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

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Ontario 

 ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO  
an Ontario government agency  
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The  
School of Dance

Led by teacher Maria Shepertycki, our classes encourage and support participants through interpretive, seated and standing exercises designed for people with Parkinson's to increase overall mobility including walking, co-ordination, posture and balance. Join us to develop your artistry!

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

Tuesdays, June 2, 9, 16, 23, July 7, 14, 21 from 1:00-2:00pm

Memorial Hall, MacKay United Church (accessible space)

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

Thursdays, June 4, 11, 18, 25, July 9, 16, 23 from 1:00-2:00pm

The School of Dance, 200 Crichton Street, Ottawa

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

Mondays, June 1, 8, 15, 22, July 13, 20 from 11:00am-12:00pm

The School of Dance, 200 Crichton Street, Ottawa

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!  
Please be our guest. There is no fee to register.

#### 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.

  
Parkinson  
Canada

Photos: Nicola Fridgen