Performance-

Forty + is a performing group developed by Jane Franklin in collaboration with community based dancers past the age of 40. Forty + conducts workshops and performances throughout the metro area and has performed for the United States Environmental Protection Agency “Diversity Day,” in concert programs for Jane Franklin Dance, and was presented at Atlas INTERSECTIONS Festival in Washington DC.

Workshops

Workshops welcome older adults into creative expression and active participation. Workshops incorporate exercises to gently encourage flexibility, strength and coordination. Participants begin with chairs in a circle, and progress to partnered and group dances that are fun and easily achieved to stimulate group participation. The physical benefits are undeniable. Dance uses the whole body and offers a heart healthy workout.

Dance Technique for Active Older Adults

Dance technique classes offer a range of structured movement to improve balance, range of motion and strength. The class consists of standing stretches, rhythmic patterns, fun and relaxed sequences that partner with other class members. Individual experience is acknowledged, no matter age, past training or physical proficiency of the participant.

Dance Projects for Older Adults

Projects include dance technique, and creative process to result in choreography that can be repeated and performed for an audience. This is particularly rewarding for expressing the relevant interests of the group, whether that is personal stories, families or a detail of identity, creating choreography provides a window into profound mental stimulation and recall.

Exquisite found moments…..explored with innocence and integrity.

-The Washington Post

Jane Franklin Dance received the American Association of University Women Elizabeth Campbell Award for the Advancement of the Arts in Arlington.