

Dance for Older Adults

Jane Franklin Dance, a professional modern dance company, offers dance workshops, performances and classes designed for older adults. Scheduling is flexible and fees may be negotiated.

Performance-

Forty + is a celebration of creativity, aging and dance developed by Jane Franklin in collaboration with community based dancers past the age of 40.

Performances by *Forty +* combine movement, text and dance and explore memory, association, family and change. The group 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 2011 INTERSECTIONS: A New America Arts Festival.

Performance \$400

Workshop and Performance \$450

Workshops

Joy of Movement Workshops welcome older adults into creative expression and active participation. Moving to a variety of world music, simple exercises gently encourage flexibility, strength and coordination. Participants begin with chairs in a circle, and progress to partnered and group dances and supportive group participation. The physical benefits are undeniable. Dance uses the whole body and offers a heart healthy workout.

Single workshop \$100; 8 sessions \$700 - \$600

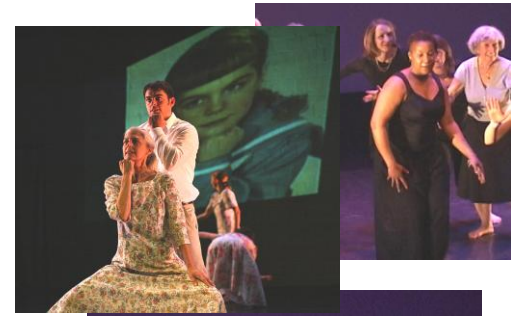
Dance Technique for Active Older Adults

Dance technique classes integrate and refine movement while increasing flexibility, coordination 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.

Single workshop \$75; 8 sessions \$575

Exquisite found moments.....explored with innocence and integrity.
-*The Washington Post*

Jane Franklin Dance received the 2011 American Association of University Women Elizabeth Campbell Award for the Advancement of the Arts in Arlington.



"...conclusive proof that compelling art can be developed with community participation."

-Nicole DeWald Arts
Coordinator City of
Greenbelt MD

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