

# Dance for Older Adults

Jane Franklin Dance, a professional modern dance company, offers dance workshops, performances and classes designed for older adults.

## *Performance*

*Forty +* is a performing group of community based dancers past the age of 40. *Forty +* conducts workshops and performances in Arlington, Alexandria and 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 at Atlas Performing Arts Center in Washington DC.

## *Workshops*

**Workshops** welcome older adults into creative expression and active participation. Workshops incorporate simple 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, invigorates the spirit and offers a heart healthy workout.

## *Dance Technique for Active Older Adults*

Dance technique classes offer a range of structured exercises to increase flexibility, range of motion, balance 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.

## *Performance 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 a particularly rewarding activity for those who enjoy working on the relevant interests of the group, whether that is personal stories, families or a detail of identity, working on choreography provides profound mental stimulation and recall.

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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