



Baycrest NBS Sharing Dance Seniors



Term Dates: October 22- December 17, 2019
Where: 140 Merton St., Jane Moore Room
Day/Time: Tuesdays 11:30 a.m.- 12:30 p.m.

What is Sharing Dance Seniors?

- A 60 minute dance class that is adaptable to varying levels of physical and cognitive abilities
- Classes are creative and incorporate a variety of musical and dance styles

How are these classes delivered?

- Classes are taught from Canada's National Ballet School in Toronto, and delivered to your community via video streaming.

Who should take this class? This class is for you if:

- You want to exercise, socialize and have fun
- You enjoy moving to beautiful music!

Still not sure if this class is right for you? Feel free to contact:

Registration Required.

If you would like to register, please contact April Powell, SPRINT Senior Care's Supervisor of Community Wellness at 416-481-0669 ext. 287.

NBS SHARING DANCE
FOUNDING DONORS



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