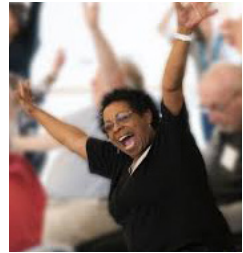


# Baycrest NBS Sharing Dance Seniors



Developed by Baycrest and Canada's National Ballet School, Sharing Dance Seniors is a safe and accessible dance program that engages older adults in meaningful dance activity that benefits physical, cognitive and overall health.

*You don't have to have any dance experience.*

*As long as you want to move to music, everyone is welcome.*

— Dorothy "Dot" Gordon, over 90 years of age

For further information, please contact Erin Nelson, Senior Coordinator,  
RA LifeFIT at 613-736-6202 or [enelson@racentre.com](mailto:enelson@racentre.com).

## **NEW - Register for Fall classes at the RA!**

Your choice of **Monday OR Friday afternoons**  
beginning the week of October 21, 2019.

**FEE: \$20/for first session\*\* \$75/for each subsequent session**



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario

**\*\* Note: A one-time program scholarship of \$55 per participant has been provided through the Ontario Trillium Foundation to reduce participation barriers and support program evaluation.**

**RA Centre, 2451 Riverside Drive, Ottawa ON K1H 7X7**  
**(613) 733-5100 [www.racentre.com/sharingdanceseniors](http://www.racentre.com/sharingdanceseniors)**    

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