



DANCE

"Dance" is designed to encourage all those who are anything from their mid fifties up to their nineties and beyond who remember the dance halls, the clubs and the discos of the 40s, 50s, 60s, 70s, and 80s - Ballroom, Latin, Country, Folk, Rock and Roll, Jive. I remember my parents turning one of our rooms into a mini-ballroom and inviting friends and neighbours to dance to latest bands played on a Dansette record player. It was something special to see them gliding around the room in a waltz, swinging to the rhythm of the Cha Cha Cha, kicking up their legs to the Charleston, or swinging to the Jive. We are beginning by collaborating with Dance East who are launching "Debenham Movers". The aim is to make dance and movement accessible to residents in Debenham in their own homes (No experience necessary). The first step is to provide a couple of pre-recorded starter sessions as a part of our "Well-Being Package" and then, later on, recorded sessions and Live Zoom Sessions led by experienced dance artists exploring a range of classic, taught and improvisational exercises. The main aims of these classes is to help you feel good, to benefit you both mentally and physically, and to give you the opportunity to share with others over the ether. The first 2 videos will be available soon