

**DANCING CLASSROOMS LONG ISLAND (DCLI)**

**SILVER EDITION** is an artist-led residency program for adults 55 and up that uses the art of dance to improve physical well being, social engagement, confidence, and self-esteem. Our aim is to support wellness for older adults and combat social isolation. *Residencies can be in-person, virtual, or a hybrid model.*

**PROGRAM DESCRIPTION**

**DCLI SILVER EDITION** is presented over 6 weeks, with one 45-60 minute session each week. Each lesson builds movement skills and creativity through rhythm and the joy of music. Lessons include:

- a diverse range of social dances from Cuban, Latin American, Northern European, and African American cultural influences: merengue, rumba, foxtrot, waltz, tango, swing, salsa, cha cha and line dances
- the music and cultural history of each dance form
- reflection time to share personal stories of life experiences



Optional special culminating activities can be created to give participants the opportunity to engage family and friends in the experience (in-person as allowed, or virtual).

**DCLI serves all ranges of ability;** movement options for those taking class in a chair will be provided; no previous experience or partner is necessary.



**PROGRAM BENEFITS**

**DCLI's SILVER EDITION** is presented with humor and joy, respect for individual differences, and care and compassion. Participants will enjoy:

- increasing cardiovascular health, balance, and flexibility
- engaging in social skills that enhance self-esteem and confidence
- learning and appreciating the cultural dimensions of dance while reflecting on their own cultural heritage
- pursuing lifelong learning

Available for libraries, senior centers, community centers, assisted living centers, Ys, religious groups, arts councils, and health facilities.

Contact us at [info@dancingclassroomsli.org](mailto:info@dancingclassroomsli.org) today to find out more about **DCLI SILVER EDITION.**