



Celebrating Silver Sunday week at Open Age

Dance-a-thon!

ONLINE on Friday 2nd October 10.00am -4.00pm

Grab your dancing shoes and join us Online for six 'fab-u-lous' hours of dance classes with the best instructors and fantastic music! All abilities welcome. Celebrating the 50+ community!

10am – DanceWest to the Movies

Guys and Dolls, Forget your troubles, Get happy and Sing with us in the rain!
A dance celebration of Hollywood.

11am – Bollywood with Step Change Studios

Enjoy the art of Indian dance through the rhythm and energy of Bollywood beats

12pm – Tap Dance

Come live out your Fred and Ginger dreams! Whether you've been a professional tap dancer or not! (No Tap shoes needed!)

1pm – Seated Sosa Dance Fitness

Inspired by Ballroom, Latin and other international dance styles, this class is suitable for everyone and will guarantee you won't be able to resist singing along!

2pm – Disco Fever

Rewind back to the 70s and join the soul train for an hour of fun!

3pm – Jump 'n' Jive with DanceWest

Dance to music from the 40's to the 60's in a fun workshop.

**TO BOOK - email us at bookings@openage.org.uk
and let us know which dance you'd like!**



life's just begun

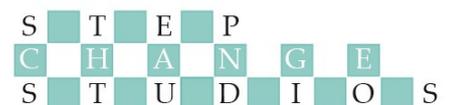
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SILVER SUNDAY
CELEBRATING OLDER PEOPLE



DANCEWEST.



Pushing the Boundaries of Ballroom