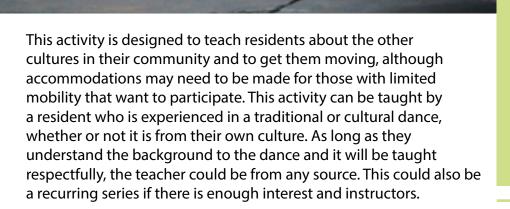
Learn Traditional Dances



You will need:

- A dance instructor with knowledge of the cultural significance of the dance. This can be a resident, resident family member, or other volunteer.
- 2. A clear space for the dancing to take place.
- 3. A method to amplify music like a bluetooth speaker or two.

Instructions:

- 1. Locate an instructor to teach a class on a traditional dance.
- 2. Print flyer and spread the word about the class.
- 3. Have them prepare a short presentation on the dance and its cultural significance.
- 4. Teach a short version of the dance.

Physical Distancing Adaptations:

- 1. This can be held with residents in their doorways and the instructor in the hall if there is enough space.
- 2. Alternately, it can be hosted via video conferencing so all participants can see the instructor at once.

Please join us for a

Traditional Dance Lesson



Please wear clothes that are comfortable to move in and wear comfortable shoes.