

Learn Traditional Dances



This activity is designed to teach residents about the other cultures in their community and to get them moving, although accommodations may need to be made for those with limited mobility that want to participate. This activity can be taught by a resident who is experienced in a traditional or cultural dance, whether or not it is from their own culture. As long as they understand the background to the dance and it will be taught respectfully, the teacher could be from any source. This could also be a recurring series if there is enough interest and instructors.

You will need:

1. 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.