



Dear friends, colleagues and students,

As the holiday lights blink on and our thoughts turn to celebrations with friends and family, there is an almost universal feeling of wanting to share with those who are less fortunate. In that spirit, I invite you to participate in AVAdance's new program to bring movement education, dance and programs in well-being to senior citizens.

For almost four decades, helping people experience the health, spiritual and sheer joy of movement has been at the core of my work. Now, more than ever, I believe it is time to focus on the needs of our maturing population. While there are many programs that focus on children and young adults, there are very few that are tailored to older adults. AVAdance is working to change that! I have developed a series of programs that for seniors that allow them to participate in dance at their own pace: as performers, as learners or as audience members.

The programs I have developed are described below, or go to my web site www.AVAdance.com to see them in action:

- ☞ ***Dancing 4 Ever*** – A program that brings interactive dance performances to audiences at retirement homes, assisted living centers and other community gatherings; performers include professional and recreational dancers of all ages and from a variety of styles and genres.(Modern, tap , mid-eastern, jazz and more)

" I am grateful to you for the opportunity to perform and I admire and respect your contribution to our community in bringing the Arts, particularly dance, to those who are home bound. - Mary Della- Dancing 4 Ever performer for seniors

- ☞ ***ImproVolutions*** – a cross-generational movement theater dance company who use improvisational dances and audience participation;

"ImproVolutions dance company is creative inspiration. I love the way you incorporate performers of all ages and levels of performing experience. This troupe is symbolic of the community spirit needed in our culture to create deeper connections and peaceful hearts. Thank you for sharing your talent with us." – Audience member

- ☞ ***Classes*** – Movement and exercise classes customized for seniors and offered at locations convenient to them;

"I have both watched Michelle teach and participated in her improvisational performances. She is masterful. She not only directs her class in movements or steps, but releases the spirit of creativity in each individual so they find their own magical expression in movement. Few teachers are as inspirational." – Rima

Dance occupies a unique place at the intersection of art and athletics and it has tremendous power to transform people. There is no question that movement and exercise benefit the mind, body and soul. For older adults, dance reduces stress, improves memory and balance, and encourages social connections, while increasing strength and muscle tone. One of our senior students says it best, "As a child I always wanted to dance. Now, in my 80s, I finally have the opportunity. It is a fun and joyous day whenever Michelle teaches classes at our residence. Moving my body and exercising my mind puts a smile on my face and zest in my feet!"

Please join me in this new endeavor to bring the benefits of dance and movement to our area's seniors. Your tax deductible contributions will help expand the scope and the reach of these fledgling programs.

Wishing you happiness during this holiday season and always,

Michelle Ava

Michelle Ava
Founder and artistic director
AVAdance

Support and Artistic Team: Rima Faber, PhD, Joel Hamaker, Steven Murphy, Jeffrey Strum, Greta Boeringer

YES, I'd like to support the programs of AVAdance! My check is enclosed.

\$25 ___ \$50 ___ \$100 ___ \$200 ___ \$250 ___ \$500 Other _____

Currently AVAdance is housed under the tax exempt 501(c)(3) organization Primary Movers. Please make your checks payable to Primary Movers (our AVAdance fiscal agent) and mail to:

**AVAdance
C/O S.F Murphy
2820 Linden Lane
Silver Spring Maryland 20910**

Your contributions are tax deductible and your support is greatly appreciated.