

## Top Reasons to be a Folk Dancer:

- \* Folk dancing builds community.
- \* Dancing helps build all the "intelligences".
- \* Folk dancing is great exercise for people of all ages.
- \* Folk dancing is an opportunity to cooperate, trust, and help others.
- \* Folk dancing keeps cultural heritage alive.
- \* Folk dancing is participatory.
- \* Folk dancing fosters inter-cultural awareness and understanding.
- \* Folk dance is intergenerational.
- \* People smile while folk dancing.



[www.joiedevivrefolkdancers.com](http://www.joiedevivrefolkdancers.com)

Dances from these cultures, and many, many more...

Canada  
France  
Greece  
Israel  
Japan  
Kurdistan  
Mexico  
Netherlands  
Scotland  
Spain  
Turkey



***Susan Barker, BScN, has been in love with folk dancing for nearly 20 years, and has been sharing folk dancing with community groups for over 10 years.***

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## Joie de Vivre Folk Dancers



...bringing fitness and fun to communities in Ottawa, Ontario.

Susan Barker  
[micenkova@yahoo.ca](mailto:micenkova@yahoo.ca)  
613-729-1515

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# Seniors

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Programs adapted for all levels of mobility:

- ~ Seated Folk Dance
- ~ Slow, Calm Walking Folk Dance
- ~ Lively Folk Dance

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Programs available for:

- \* Retirement Homes
- \* Assisted Living Residences
- \* Nursing Homes
- \* Day Programs
- \* Memory Units



Why folk dance for seniors?

- \* strengthens bones and muscles
  - \* provides opportunities to socialize
  - \* excellent mental aerobics
  - \* reduces stress and tension
  - \* improves posture and balance
  - \* increases stamina and flexibility
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# Schools

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Programs Available:

- Professional Development (PD Day Teacher Workshops)
- Physical Education Classes
- Special activities such as international day or week
- From pre-kindergarten - grade 12



Core Curriculum Targets:

- Social Studies
  - Language Arts
  - Multi-cultural music and dance
  - Team-building
  - Social skills development
  - Listening skills
  - Following instructions
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# Community

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Folk Dance celebrations, classes, and parties for:

- Picnics
- Birthdays
- Weddings
- Fundraisers
- Scouts/ Guides
- Summer Camps
- Faith Communities
- March Break Camps
- Office/ corporate parties
- Homeschooling Communities

