

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

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.

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Seniors

Programs adapted for all levels of mobility:

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

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

Schools

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

Community

Folk Dance classes and parties for:

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

