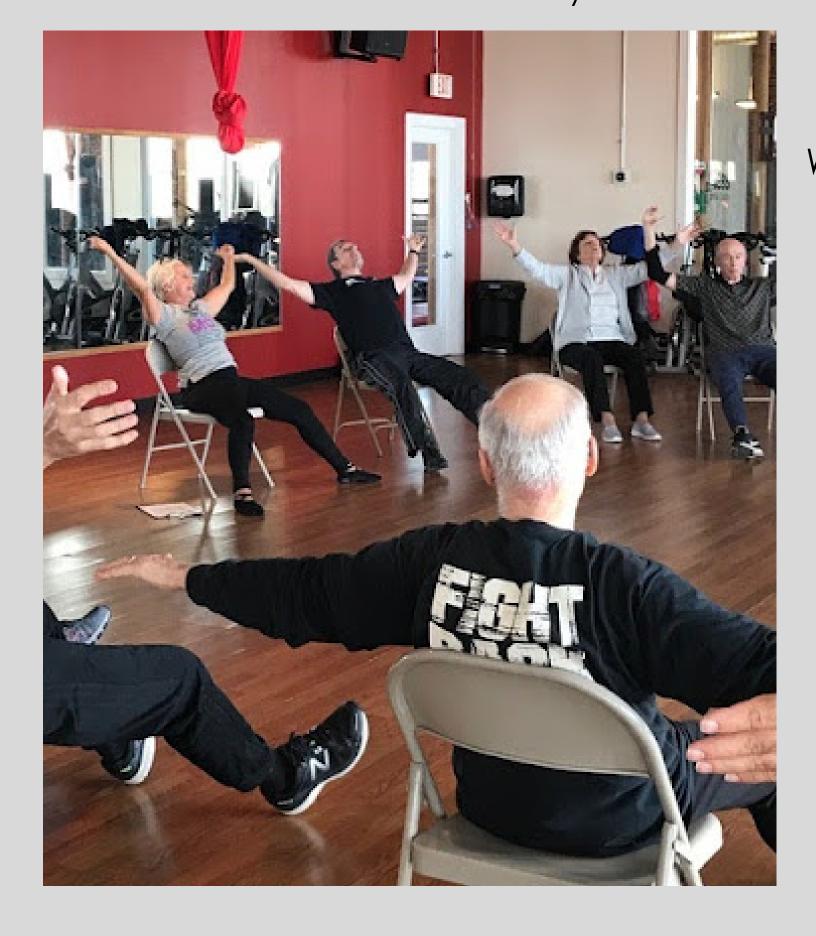


Presented by DONNA MICELI DANCE and the LOWELL SENIOR CENTER



# **COME DANCE WITH US!**

We offer a hybrid (in-person or on Zoom) class specially designed to make dance accessible to all SENIORS, People with Parkinson's, and individuals with mobility challenges. Care partners are also invited to join in.

#### All levels of mobility are welcomed!

Seated or standing options are offered for each exercise.

NO DANCE EXPERIENCE IS NECESSARY

# JOIN US ANY TIME!

Every Thursday from MAR. 10 to APR. 14 11 AM - 12:15 PM

### PRE-REGISTRATION ADVISED:

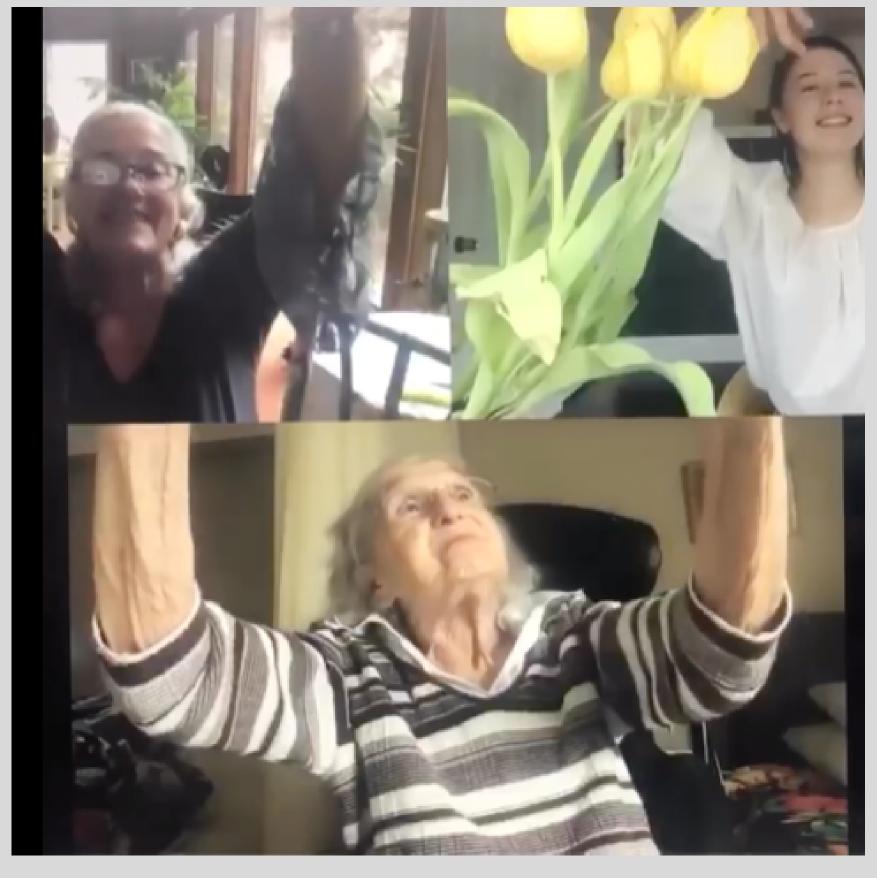
**IN-PERSON:** by calling the LOWELL SENIOR CENTER at (978)674-4131

**ON ZOOM:** by emailing Donna Miceli at miceli.dmdcegmail.com

Note: You must complete this <u>registration form</u> before your first Zoom class in order to formally register

\*Click here to sign up for a free zoom account on your computer, smartphone, or tablet.

Classes are Free or by Donation



## YOU BELONG HERE....CELEBRATE the MOVEMENT, the MUSIC, the DANCE!

This program is supported in part by a grant from the Lowell Cultural Council