

The School of Dance is proud to announce...

The Hands of TIME: Our Stories in collaboration with the Ottawa School of Ukrainian Dance.

UKRAINIAN STORIES IN ACTION: Moving and Sharing for Seniors



Join us every second Saturday and enjoy **moving to live Ukrainian music, refreshments and the chance to share stories!**

Let us encourage you as we practice seated and/or standing creative exercises designed to improve your wellness from head to toe. Exercises can be adapted to suit all abilities. Delight in the connections we develop as we share, enjoy and document your stories of then and now!

Dates and time: Saturdays from 1:00-2:30 p.m. on Nov. 18, Dec. 2 and 16 (2023), Jan. 13 and 27, Feb. 10 and 24, March 9 and 23 (2024)

Location: Ukrainian Credit Union Ltd., 476 Holland Ave (accessible space)

Parking: Free beside building and on surrounding streets. Paid lot available directly across Holland Ave. Drop off space available in building parking lot.

Participation: Care partners and interested family members of all ages are welcome to participate with you.

Language: English with Ukrainian-language support available.

There is no fee to register - please be our guest!

Ask questions or save your spot by emailing info@svitanok.ca!

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