

The Ottawa School of Ukrainian Dance invites you to our...

UKRAINIAN-CANADIAN KITCHEN PARTIES! **Movement Activities, Music and Conversations for Seniors**

SEPTEMBER 2025 to MAY 2026

Join us to explore how our expressive and invigorating movement activities, live music and conversations with friends can spark well-being from head to toe!



Photo: A. Ostapyk

When? Every second Saturday from 1:00-2:30pm, starting September 20 (see svitanok.ca/seniors for exact dates)

Where? Ukrainian Credit Union Ltd., 476 Holland Ave (accessible space)

To ask questions or reserve your spot:
osud@svitanok.ca

- Seated and/or standing creative exercises are adapted to suit all abilities
- Enjoy refreshments with everyone at the end of class
- Care partners and interested family members of all ages are welcome to participate
- Sessions in English with Ukrainian-language support available

Parking: Free beside building and on surrounding streets. Drop-off space available in building parking lot

Cost: Pay-What-You-Can

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