

Media Advisory

February 25, 2016

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**ANDREA BEEMAN OFFERS AGELESS ACTION MIDDLE EASTERN
DANCE TO SENIORS IN CORONA, QUEENS IN PREPARATION
FOR DANCE PARADE ON BROADWAY**

Andrea Beeman of Dancing Rubies is proud to present 20 weeks of free Middle Eastern Dance Classes at the Corona Queens Senior Center. Students will engage with others in their community, make their own costumes and participate in Dance Parade New York May 21, 2016 and a culminating event.

Each session is structured at a leisurely pace, allowing for various entry levels of class participation. Ample time is provided within the class structure for discussion or deeper explanation, or sharing of personal experience. A highly-professional, inclusionary experience is then offered on the WORLD STAGE OF BROADWAY to any participant on Saturday May 21st. The residencies are rigorous enough to allow seniors to participate to their full extent in the parade, yet gently structured to gradually build to that level.

Andrea brings over 20 years experience teaching seniors throughout the New York City area. It is Andrea's hope that our seniors will either discover a new, or begin to explore other forms of dance as a soulful and expressive sustainable healthful mind-body practice.

About Dance Parade New York:

Dance Parade Inc is a 501(c)(3) non-profit organization whose charitable mission is to promote dance as an expressive and unifying art form, while educating the public about opportunities to experience dance. The organization celebrates diversity by showcasing all forms of dance around the world through sponsorship of a yearly, citywide Dance Parade and Dance Festival. Additional programs include education outreach, residencies and artistic partnerships to aid in increased public awareness, and the showcasing of dance in multiple ways.

For Dance Parade's Media Kit including high resolution photos and more information about Dance Parade and our Education programs please visit: danceparade.org/media-downloads

About Ageless Action

In partnership with the NYC Department for Aging, this program is devoted to serving older Americans through the joy of movement and dance. We honor their life experiences with exercises that empower and re-inspire an aging NYC population. The 20 week curriculum is based on resources from the National Center for Creative Aging to allow students to feel engaged with others in their community in a small group setting. 50minute classes focus on increasing balance, range, flexibility and agility.

About SU-CASA

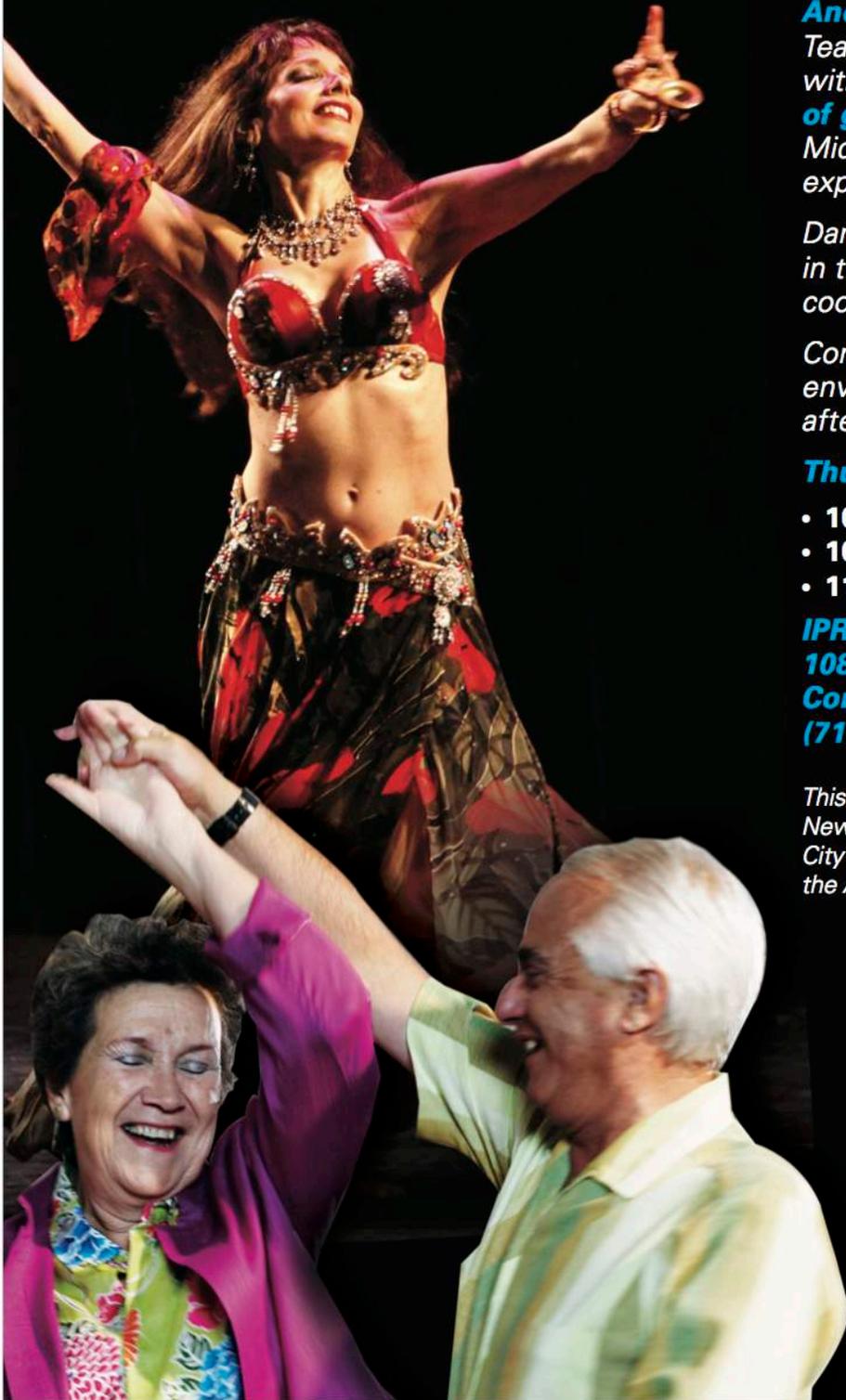
SU-CASA is a community arts engagement program that places artists-in-residence at senior centers across the five boroughs of New York City. For the 2016 program, the New York City Council, NYC Department of Cultural Affairs, and the NYC Department for the Aging announced over \$1 million in new funding to expand SU-CASA creative aging programs to more than 100 senior centers in New York City, providing participatory programming for older adults across the five boroughs. The program is managed in partnership with local arts councils in each borough.

For more information visit www.nyc.gov/culture

- WHO: Andrea Beeman
- WHAT: Ageless Action – Free Middle Eastern Dance Classes for Seniors
- WHEN: Thursday's 10:15 to 11:30am February through June, 2016
- WHERE: IPR/HE Corona Senior Center
108-74 Roosevelt Avenue, Corona, Queens
Steps away from the 111th Street Stop on the Number 7 Train

COME *Dance* WITH US!

THURSDAY, 10-11:30AM | IPR/HE CORONA SENIOR CENTER
108-74 ROOSEVELT AVENUE, CORONA, NY 11368



Andrea Beeman, Middle Eastern Dance Teacher and selected Teaching Artists with Dance Parade are offering **an hour of guided dance movement** inspired by Middle Eastern, Indian Dance, and other expressive styles of dance.

Dancing builds strength and endurance in the body, increases agility, vitality, and coordination.

Come dance with friends in a fun, friendly environment and enjoy a light refreshment afterward.

Thursdays

- 10:15 – 10:30am Warmup
- 10:30 – 11:15am Belly Dancing
- 11:15 – 11:30am Discussion & Refreshments

IPR/HE Corona Senior Center
108-74 Roosevelt Avenue
Corona, NY 11368
(718) 639-2000

This program is supported by public funds from the New York City Council, in partnership with the New York City Department of Cultural Affairs and Department for the Aging.

Official Partner

*An American
in Paris*
A New Musical

AnAmericanInParisBroadway.com

¡VEN A *Bailar* CON NOSOTROS!

JUEVES 10-1130:AM | IPR/HE CORONA SENIOR CENTER
108-74 AVENIDA ROOSEVELT, CORONA, NY 11368

Andrea Beeman, profesora de danza del Medio Oriente y selectos artistas de la enseñanza del Dance Parade, están ofreciendo **una hora de movimiento de la danza** guiada inspirada en Medio Oriente, danza de la India y otros estilos expresivos de la danza.

Bailar desarrolla la fuerza y la resistencia en el cuerpo, aumenta la agilidad, vitalidad y la coordinación.

Ven a bailar con amigos en un ambiente divertido, agradable y disfruta de un refrigerio después.

Jueves

- 10:15 – 10:30am Calentamiento para la danza
- 10:30 – 11:15am La danza del vientre
- 11:15 – 11:30am Discusión y refrescos

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Este programa es apoyado por fondos públicos del Ayuntamiento de Nueva York, en colaboración con el Departamento de la ciudad de Nueva York de Asuntos Culturales y el Departamento para las Personas Mayores.

Socio Oficial

*An American
in
Paris*
A New
Musical

AnAmericanInParisBroadway.com

