

DANCE & HEALTH PROGRAMMES

*for Active Retirees at
Dance Theatre of Ireland*



Dance Theatre of Ireland is a professional Contemporary Dance company whose primary aim is transforming people's lives through dance. They offer a range of dance and health classes for people of all ages, but in particular the very popular, evidence-based dance program: **Well-Dance for Seniors**. They have also innovated classes for people with Parkinsons and Dementia and their care partners: **Dancing Well with Parkinsons** (in association with Move4Parkinsons), and **Dancing well with Dementia**.

Dance has been proven to be one of THE most effective activities we can do to offset aging. A 2011 BUPA study found that dance "reduces CVD, diabetes, hypertension, obesity, depression and osteoporosis", and "benefits the body and mind, balance, strength and gait, reaction times and cognitive performance"

We all know dance is good for our fitness--balance and flexibility--but it is also incredibly important for the Brain and enhances brain plasticity. A 20-yr Longitudinal Study of Aging, of people aged 70 or older, showed that people who dance frequently were 76% less likely to develop dementia; and dance was more effective at reducing the risk of dementia than any other type of activity. (New England Journal of Medicine, 2014).

Dance Theatre of Ireland's programme Well Dance for Seniors has been proven over a 2-year study by the Head of Trinity College's Occupational Therapy to improve mobility, health-related quality of life and reduced social anxiety for Seniors. The Classes helps us to lead—or regain—active lifestyles. And to feel young again!

Many "senior" activities are sedentary: bingo, cards, or exercise programs that are mostly seated and consist of movements often without music. Very few activities tap the wealth of creative expression that older adults have to offer.

The work of Dance Theatre of Ireland has been short listed for the National Age Friendly Recognition & Achievement Award and has also been shortlisted for a national Social Entrepreneurs Ireland Award. DTI have lead innovation in the field of health & the arts - keeping people healthy, happy and more engaged with life.

WELL-DANCE FOR SENIORS

Well-Dance for Seniors is a wonderful, fun modern dance class that in a joyful, open, inclusive atmosphere. It is an extremely popular programme for those over 50 and is a dance class that will guide you through a series of simple, modern and creative dance movements & exercises to improve breathing, balance, fluidity, flexibility and strength-- all to a great range of music

(For example: Stevie Wonder – Superstition, Frank Sinatra That's Life, Gene Kelly Singing in the Rain, Eva Casssidy and more) –These classes set you up for the day, exceptional fun and fantastic results. (There are always chairs in the room to sit down when tired also!). Some movement is done involving partnering (a la 'ballroom) but most movements are modern and include learning short phrases to great music. The Class also includes dancing and not having to remember a thing --through improvisation!

Tuesdays & Wednesdays, 11am-12:30pm at the Dance Theatre of Ireland Centre for Dance. Bloomfields Centre, Dún Laoghaire and Wednesdays 1:45-3pm At Shankill Tennis Club
Tel: (01) 2803455 info@dancetheatreireland.com
www.dancetheatreireland.com

Well Dance puts seniors in touch with their creative selves; the classes improves health, well-being and creative expression for seniors and increases access & participation to healthy activities & social connection--challenging the limiting perceptions of older people;

DANCING WELL WITH PARKINSON'S

Move4Parkinson's in conjunction with Dance Theatre Ireland offer a weekly modern dance class for People with Parkinson's and their care-partners. DTI is part of the Dance for PD® membership programme, a dance method proven to improve physical and emotional well-being for people with Parkinson's in over 100 communities around the world.

Fridays 11am-12:30pm at Dance Theatre of Ireland Centre for Dance. For further information contact Move4Parkinson's (01) 295 0060 info@move4parkinsons.com

DANCING WELL WITH DEMENTIA

As part of the HSE Living Well with Dementia programme, Dance Theatre of Ireland offers a Well-Dance class for those with dementia and their care partners. All welcome!

Wednesdays 1:45-3pm at Holy Family, Bakers Corner
For further information contact Joan Fitzpatrick
(01) 2680392 joan.fitzpatrick@hse.ie

Dance Theatre of Ireland is a non-profit Charity and their work is made possible by support from the Arts Council, Dun Laoghaire-Rathdown County Council, HSE, the Ireland Fund, and the Department of Culture, Heritage, and the Gaeltacht. DTI work locally and nationally and are based in a purpose-built, beautiful Centre for Dance in Dun Laoghaire. Their programs bring joy and improve quality of life for many people. For videos and information on the classes go to www.dancetheatreireland.com and from the Homepage you will see a link to WELL DANCE FOR SENIORS – a page full of photos and videos from the classes.