

Dancing Memories

Wednesdays
11am to 12pm

Dancing Memories involves chair-based exercises and dances that work on different parts of the body. The exercises are done to tracks that invoke happy memories for those participating.



We include props such as scarves, ribbons, hats and more. These props help fully engage the members of our class to take part to their fullest potential.

Our classes help participants to mix socially and meet new friends.

Dancing Memories helps to mobilise the joints, tone the muscles, raise the heart rate, and increase blood circulation. It also helps develop rhythm, balance, coordination, and fine and gross motor skills. Most important, Dancing Memories releases those all-important, feel-good endorphins.

We aim to brighten your day and bring laughter, singing, and movement to all classes!

Classes take place at **Howdon Hub** on **Wednesdays, 11am to 12pm** from the 7th of July. Prices are just £4.

Please book in to secure your place. Email howdonhub@familygateway.co.uk, call us on **0191 209 0092** or pop in to see us.

