

## jDANCE, MUSIC & THEATER

Classes must be registered for in advance (Classes may be cancelled if minimum numbers are not reached.) by calling the **Seymour Center** in Chapel Hill at 919-968-2070 or the **Passmore Center** in Hillsborough at 919-245-2015.

### DANCE

#### ARLENE'S LINE DANCING EXERCISE CLASS

If you are looking for a high intensity dance workout class that will maintain or increase your fitness level, improve cardio endurance, and burn calories, THIS IS IT!!! Class focuses on cardio endurance by starting with simple dances that move to more complex routines, giving you a stimulating cardio workout.

**Instructor:** Arlene Bynum

**Fee:** FREE

**Seymour Center** (352045 01, 02, 03)

Tuesdays

5:15 - 6:15 pm

#### ASIAN STYLE LINE DANCING

Line dance refers to a range of easy-to-learn choreographed routines danced in a group without partners. This line dancing class is tailored for active adults age 55 and older. It is a low impact and mid-paced workout to improve memory and get the benefits of exercising while having fun, and also offers gentle in sync movements. You will dance to a wide mix of music and learn several dance styles. For more information, contact [julie.x.gu@gmail.com](mailto:julie.x.gu@gmail.com) or 919-397-3648.

**Instructor:** Julie Gu.

**Fee:** FREE

**Seymour Center**

Fridays (354103-04)

8:15 - 9:15 am

#### CHINESE DANCE FOR ACTIVE ADULTS

Chinese Dance is famous for its varieties. There are 56 officially recognized ethnic groups in China, and each one has its own folk dances. This class will tailor different Chinese dancing movements to meet active adults' needs. With relative slow speed, people can enjoy the gracefulness of Chinese dance. Accompanied with Chinese music and songs, performers entertain themselves while dancing. For more information, please contact Hui Di at [hui.di@jmp.com](mailto:hui.di@jmp.com) for the Dance.

**Instructor:** Hui Di

**Fee:** FREE

**Seymour Center**

Tuesdays (354045-08)

9 - 9:50 am

Thursdays (354045-09)

7:45 - 8:45 pm

Saturdays (354045-10)

10:30 - 11:30 am

#### CHINESE FOLK DANCING

This is a fun and low-impact fusion dance class suitable for women 45+ years old. This dance class will give you a chance to learn Chinese folk dance in an effective and creative way. While the dances taught in this class will be primarily classical and ethnic

Chinese folk dances, they also combine Latin dance techniques. Popular Chinese and international songs will be used to accompany the dances.

**Instructor:** Julie Gu For more information, contact [julie.x.gu@gmail.com](mailto:julie.x.gu@gmail.com) or 919-397-3648.

**Fee:** FREE

**Seymour Center**

Mondays (354103-01)

7 - 8:45 pm (downstairs great room)

Saturdays (354103-02)

9 - 10:15 am (upstairs exercise room)

**FLASH MOB CLASS THEN FLASH**

Learn a routine then present a surprise pop-up performance called a Flash Mob in the community – unannounced except to our host. Have fun learning from a patient instructor, meeting new people and seeing happy faces after our performances. We welcome people of all abilities whether you want to give it a try one or more times. Going forward, new members automatically may join the group, as they wish, to provide free local performances. Min: 5. For more information: 919-280-2161.

**Register by:** Wed. prior to start date

**Instructor:** Linda Houser

**Fee:** \$20 (Drop in is \$5 per hour)

**Seymour Center**

Sat, May 11 & 18 (324043-04)

1 - 3 pm

**FLASH MOB POP-UP DANCE GROUP**

Flash mobs are a great way to have fun and meet people. Give it a try this spring as we get ready for Older Americans Month. Delight “random” audiences with a pre-learned surprise performance, seated, standing, or dancing. All skill levels welcome. Going forward, new members automatically may join the group to provide free local performances as their schedules permits. No fees for performances and practices. Min: 5. For more information: 919-280-2161.

**Register by:** Wed. prior to start date

**Instructor:** Linda Houser

**Fee:** \$20 for 4 classes (Drop in: \$5 per class)

**Seymour Center**

Thursdays in March & April (324043-02, 03)

1 - 2 pm

**IRISH SET DANCING**

Irish set dancing is a form of community dance popular in Ireland. The sets are danced to Irish traditional music and our dances use a mixture of recorded and live music. Beginning set dancers follow instructions from a caller as they move from place to place, whereas advanced dancers add footwork and have memorized the dances so that no calling is needed. For more information, videos, and a calendar see

[www.wildmusette.com](http://www.wildmusette.com)

**Facilitators:** Katja Sage and Mary Dalton

**Fee:** \$5 per session

**Seymour Center**

2nd Wednesdays (353034-01)

7 - 9:30 pm

**LINE DANCING**

This class is for both new and experienced line dancers. You will improve your memory and get the benefits of exercising while having fun.

**Instructor:** Becky Walker

**Fee:** FREE

**Passmore Center**

Mondays (Beginners class)	(254001-01)	2 - 2:45 pm
Mondays	(254006-02)	3 - 4:30 pm
Tuesdays	(254006-01)	1 - 2:30 pm

**Seymour Center**

Thursdays	(354019-01)	4:15 - 5 pm
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**LINE DANCING**

First 30 min of the class is for beginners, and all levels are together from 10 - 11 am.

**Instructor:** Esther Booker

**Fee:** FREE

**Passmore Center**

Thursdays	(254006-03)	9:30 - 11 am
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**SOCIAL ARGENTINE TANGO**

Explore the basic concepts of traditional social tango, the most popular "it takes two" dance, with a focus on music interpretation, movement by silent communication, balance, and fun! This is a low impact exercise for the body and a great benefit for the mind. Partners will change; come with a friend or alone. Dress shoes preferred.

For more information, contact John Singletary at [balafenntango@gmail.com](mailto:balafenntango@gmail.com).

**Instructor:** John Singletary

**Fee:** FREE

**Seymour Center**

Mondays	(354029-02)	4 - 5:30 pm
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**TAP DANCING**

Did you tap dance as a child? Even if you've never danced, have you always had a desire to learn? Now is your chance to learn the fine art of tap dancing for free.

**Instructor:** Bruce Gillooly has been dancing for 50 years.

**Fee:** FREE

**Passmore Center**

Tuesdays - Beginners	(254007-01)	9 - 10 am
Tuesdays - Intermediate	(254007-02)	10 - 11 am

**WALTZ PLUS**

1st Thursdays come dance to beautiful live music by the group, *Scandimonium*. On 2nd, 3rd, 4th and 5th Thursdays, we will have a mixture of couple dances to recorded music (ie, waltz, swing, Scandinavian, Tango, and Swiefacher), with demonstration/teaching on request. Occasionally there will be an evening devoted to teaching a specific dance. No partner necessary. To receive weekly updates, please send your email address to [billm0113@aol.com](mailto:billm0113@aol.com).

**For questions,** call Katherine Polk at 919-967-4967.

**Fee:** FREE

**Seymour Center**

Thu, Mar 7 - 28; Apr 4 - 25; May 2 - 30

(353006- 04)

7- 8:30 pm

**MUSIC****CONGOLESE DRUMMING CLASS**

Class is an introduction to Congolese drumming. Experience the drum we play which is called "ngoma" ("giving the strength of the panther"). It is like the conga drum. Class will focus on how to hit the drum and stay mindful of the sounds created. We will learn some traditional rhythms and accompaniments, and then put on a brief performance. For more information about Congolese drumming see "[brazzabeat.org](http://brazzabeat.org)" and follow Brazzabeat on Facebook. Min: 5/ Max: 9

**Register by:** Fri, Apr 26**Instructor:** Kenneth Wilson, MD**Fee:** FREE**Seymour Center**

Fri, May 3 - 24

(354061-03)

2 - 3 pm

**DULCIMER MUSIC: ENJOYING THE ART AND LEARNING TO PLAY**

The Carolina Mountain Dulcimer Players Club welcomes all strings and beginners to join them. If you think you might like to learn to play, we will set aside a half-hour beginning at 6:30 pm and provide a loaner so that you can acquaint yourself with the dulcimer. For more information, call or email Shirley Ray at 919-929-5359, [ShirleyRay@aol.com](mailto:ShirleyRay@aol.com) or Cornelia Johnson at 919-606-1395, [caj1949us@gmail.com](mailto:caj1949us@gmail.com)

**Leaders:** Shirley Ray & Cornelia Johnson**Seymour Center**3<sup>rd</sup> Thu, Mar 21; Apr 18; May 16 (357166)

6:30 - 8:30 pm

**HONG YAN CHINESE CHOIR 鸿雁华人合唱团**

Singing is one of the most wonderful and beautiful things in the world! Our Chinese older adults meet regularly on Mon and Fri to enjoy popular songs. You are welcome to sit in and sing along! Come to share their joy and happiness! Language is not a barrier.

**Fee:** FREE**Seymour Center**

Mondays and Fridays (354051-01)

12:45 - 1:30 pm

**KARAOKE SING-A-LONG**

Join David and friends for a variety of songs and fun.

**Fee:** FREE**Passmore Center**

Wednesdays (257003-01)

10 am - 12 noon

**OPERA AT SEYMOUR**

The Chapel Hill Opera Group presents an opera for your listening - viewing pleasure on the 3<sup>rd</sup> Saturday of each month. Details about the schedule and upcoming showings are available at [www.meetup.com/Chapel-Hill-Opera/](http://www.meetup.com/Chapel-Hill-Opera/)

In March we have a Royal Opera version of the Faustian tragedy of the lovely and innocent Margarita. Robert Alagna sings a passionate, physically daring, and vocally responsive Faust; Bryn Terfel, who is clearly enjoying himself enormously, excels as the evil and cynical Mephistopheles. Against the psychological drama of these two men (well, one is a devil in human guise), Angela Gheorghiu sings the heart-breaking role of the young innocent Marguerite. This is a performance not to be missed. For April, we'll return to the historical home of opera with Donizetti's *Anna Bolena*. Anna Netrebko triumphs as the hapless Tudor queen in this bel canto masterpiece. The next few months should be a glorious time for opera lovers in the Orange County area.

**Opera Coordinator:** Evelyn Daniel, [daniel@ils.unc.edu](mailto:daniel@ils.unc.edu)

**Suggested contribution:** \$3 per family

**Seymour Center**

Sat, Mar 16 *Faust* by Gounod 1 - 5 pm

Sat, Apr 20 *Anna Bolena* by Donizetti 1 - 5 pm

Sat, May 18 *The Bartered Bride* by Bedrich Smetana 1 - 5 pm

**PASSMORE SINGING GROUP**

If you enjoy singing and socializing, then you may like this group. Choose the songs you would like to sing and enjoy the company of other people. For more information contact Nancy Parcel at 919-810-1970.

**Leader:** Nancy Parcel

**Fee:** FREE

**Passmore Center**

Tuesdays (251023-01) 12:30 - 1:30 pm

**SONG SWAP**

Bring your favorite songs and/or your acoustic instruments, and let's make some music! Folk, blues, old time, bluegrass, or original songs - whatever suits your mood or your style, all are welcome.

**Leader:** Ralph Besser

**Fee:** FREE

**Seymour Center**

1<sup>st</sup> Tue 1 - 5 pm

**THEATRE**

**"Around the World in Thirty Songs"**

Join The Prime Time Players on a musical trip that spans the globe, "Around the World in Thirty Songs." This lively program features music and dance from six continents, with old favorites such as *Come Fly with Me* and *April in Paris* and new songs you're bound to fall in love with. Directed by John Paul Middlesworth. For more information call 919-929-4493.

**Fee:** Suggested donation: \$7

**Passmore Center**

Tue, Apr 2 (223019-02) 2 - 4 pm

Seymour Center

Thu, Apr 4 (357028-06) 2 - 4 pm

Sat, Apr 6

(357028-08)

2 - 4 pm