

DANCE, MUSIC & THEATER

To register, call the Seymour Center at 919-968-2070,
Or the Central Orange SC at 919-245-2015

Dance

Argentine Tango Dance

Learn this vibrant and playful dance which is based on improvisational movement. Although tango is a "leader" and follower" style of dance, no partner necessary. Come and embrace harmony and connect with upbeat music that is sure to be fun and exciting. For more information, contact Katherine Polk at 919- 967-4967.

Facilitator: Bill Caspary

Fee: FREE

Seymour Center

4th & 5th Thurs, Jan 28; Feb 25 (353007- 02)
(no class in Nov & Dec due to holidays)

7 - 8:30 pm

Ballroom Dance Lessons

Ballroom Dance lessons with Bruce Gillooly, who has over 60 years of dance experience. Each month you will explore a different ballroom dance; the group decides which dance will be explored for the month. Ballroom dances includes: Waltz, Foxtrot, East and West Coast Swing, Salsa, Tango, Samba, Merengue, Zydeco, Shag, and Lindy Hop. Please register and purchase your ticket at the front desk before class. No partner required but is recommended.

Instructor: Bruce Gillooly

Fee: \$5

Central Orange SC

Thursdays (254032)

7 - 8 pm

East Coast Swing Beginner/Intermediate

Open to all, no partner necessary. Learn to Swing dance to high energy Big Band, 50-60's Rock n' Roll music. It's great exercise, lots of fun and terrific way to meet new people. Join award winning instructor Wesley Boz for this 6 week series. Space is limited.

Instructor: Wesley Boz

Fee: \$60 for 6 lessons (Pay for the full session - \$10 per class) Drop-Ins: \$15 *for drop-ins after the second week, please call Debbie Ramsey at 919-274-4400 or Wesley Boz, 919-749-3030 for additional information.

Seymour Center

Tues, Jan 5 - Feb 9 (354037-12)

6:30 - 7:30 pm

Tues, Feb 16 - Mar 22 (354037-13)

6:30 - 7:30 pm

Line Dancing

Line Dancing is great exercise. Best of all, no partner is needed. Join this growing class and learn the best line dancing around.

Instructor: Bruce Gillooly

Fee: \$3 per class. Purchase tickets at the front desk.

Seymour Center

Mondays (354019-19)

3:15 - 4:45 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. Please call before your first visit to the Wed evening class. *We have added a new beginner's class on Mondays.

Fee: FREE

Central Orange SC

Instructor: Becky Walker

Mondays (Beginners class) (254006-2)

2 - 3 pm

Mondays (254006-2)

3 - 4:30 pm

Tuesdays (254006-1)

1 - 2:30 pm

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

Central Orange SC

Thursdays (254006-3)

9:30 - 11 am

Tap Dancing

Learn to tap dance with an experienced and friendly teacher. You will learn basic and historical steps, as well as how to tap to all kinds of music. Tap dancing is a great way to have fun while exercising without stressing your body.

Instructor: Katie Moorehead

Fee: \$52 for the first four lessons

Seymour Center

Thurs, Jan 7- 28 (354032-09) Beginners

12 noon - 1 pm

Intermediate/Advanced

11 am - 12 noon

Thurs, Feb 4- 25 (354032-10) Beginners

12 noon - 1 pm

Intermediate/Advanced

11 am - 12 noon

(no classes in Dec due to holidays)

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

Central Orange SC

Tuesdays - Beginners (254007-1)

9 - 10 am

Tuesdays - Intermediate (254007-2)

10 - 11 am

Waltz Social/ Practice

For those who love to waltz - and for those learning. Live musicians provide the music. All ages welcome.

Donation Suggested: \$5 at the door

Seymour Center

1st, 2nd & 3rd Thurs, Dec 3, 10, 17; Jan 7, 14, 21; Feb 4, 11, 18 (353006)

7- 8:30 pm

West Coast Swing Advanced Beginner/Intermediate

Requisite - Some basic west coast swing experience necessary, no partner necessary. Learn to dance to Blues, R&B, Top 40 Swing music. This is a slow, sexy style swing dance that's very popular across the country. Join award winning instructor Wesley Boz for this 6 week series. Space is limited.

Instructor: Wesley Boz

Fee: \$60 for 6 lessons (Pay for the full session - \$10 per class) Drop-Ins: \$15 *for drop-ins after the second week, please call Debbie Ramsey at 919-274-4400 or Wesley Boz, 919-749-3030 for additional information.

Seymour Center

Tues, Jan 5 - Feb 9 (354038-08)

7:30 – 8:30 pm

Tues, Feb 16 - Mar 22 (354038-09)

7:30 – 8:30 pm

Music

Back Porch Fall Jam – A Pickin’ and Grinnin’ Session

A Bluegrass/Country Jam where everyone brings their instrument and joins in the jam. Channel your good-old boy/girl and join us for some real home country music. If you do not play an instrument, you can bring your voice for this great musical experience. No jam is complete without oduls, good ole root beer and finger picking food!! Join Marie for an uplifting jammin’ time!

Instructor: Marie Vanderbeck

Fee: FREE

Seymour Center

Wed, Jan 20 – Feb 24 (334037-03)

3:15 – 4:15 pm

Chorus at Central Orange

If you are interested in participating in a singing group please contact Terry at 919-245-2016.

Finding Your Voice

Each class starts with vocal exercises. It’s important that vocalists use every muscle to achieve the sound they want. We’ll do full body stretches, facial gestures, tongue exercises, lip trills, tongue trills, head and neck stretches, etc. We will learn how to “place the sound forward” to get the fullest sound using concentration of diaphragm and other anatomy.

In addition, there will be tongue twisters, catchy songs and harmonic exercises. Then comes the good stuff – the song. The instructor will teach two or three songs the first day. Each following day there will be a review of what was learned, and then proceed to learn new songs. The rate depends on the desire of the group. Participants will be encouraged to provide input into what they’d like to learn – and have fun as well as learn. Here are some of the types of songs that will be covered:

- Folk
- Country
- Blues
- Appalachian

- A Cappella
- Gospel

Since harmony lends breadth to songs, that will be a major focus. The instructor will teach using her skills, as well as inviting input from the students. While each class is built upon the previous, a student may join at any time and still gain the benefits of the Joy of Singing! **Must have 5 participants for class to take place, with a maximum of 10 per class.** Register by Wed, Jan 13.

Instructor: Marie Vanderbeck

Fee: \$45 per 6 week session (\$10 for drop in)

Seymour Center

Wed, Jan 20- Feb 24 (354063-03) 2 - 3 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 seniors regularly meet on Mondays and Fridays 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

Mon & Fri, Dec 7- Feb 26 (354051-02) 12:45 - 1:30 pm

Karaoke Sing-A-Long

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

Fee: FREE

Central Orange SC

Wednesdays (257003-01) 10 - 11 am

The Retros

The Retros is a close harmony performance group that sings oldies from the 50's and 60's. They are seeking to expand, if interested call Lisa Berley at 919-717-1853 for more information.

Seymour Center

Mondays 1 - 2 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

Seymour Center

1st Tues, Dec 1; Jan 5; Feb 2 (353017) 7 - 8:30 pm

Victoria Windler's "Eyes on Opera"

This program continues to draw large audiences for each DVD performance. Scheduled for the 3rd Sat of each month, the presentation includes world-class classical and contemporary operas, ballet, and operettas with occasional live performances and program commentaries. Feel free to bring a snack or sandwich to enjoy at the midpoint

intermission. Check the website at www.meetup.com/Chapel-Hill-Opera for program details. For additional information, you may contact Stan Cheren at 919- 942-9493.

Fee: FREE

Seymour Center

Sat, Dec 19; Jan 16; Feb 20 (353031-01)

1 – 5 pm

Sat, Dec 19: *The Classic Opera Animation Festival and Christmas Concert*

Sat, Jan 16: *Rigoletto*, by Verdi

Sat, Feb 20: *Manon* by Massenet

Theatre

See the next issue of the Senior Times for information.