



The Memory Hub

Dancing Together

Come together to move to music, exploring various dance styles and having fun with familiar songs! Dancing Together is based on adaptive dance programs for people with cognitive impairment developed by Canada's National Ballet School. It is designed for people with memory loss and their caregivers, and is also appropriate for people with limited mobility. Offered by Julia Becke, MD. No dance experience necessary. Free and open to the public - just drop in at the Memory Hub, 1021 Columbia St.

1-2 p.m. on Select
Wednesdays:

Oct 1 | Oct 15* | Oct 29
Nov 5 | Nov 19
Dec 3 | Dec 17*



**On Oct 15 and Dec 17, meet at the
Frye Art Museum for Dancing
Together at the Frye Salon!*