



George Brown College Activation Coordinator/Gerontology Program is pleased to offer an innovative training course designed by Baycrest and Canada's National Ballet School

Baycrest NBS Sharing Dance Seniors Course Description:

This course is designed for people who are interested in learning how to deliver dance classes to older adults with significant physical and/or cognitive challenges including dementia. Dance offers cognitive, social and physical health benefits, and is gaining momentum as an important activity for overall health and wellness.

You should take this course if you are:

- Currently working in a leisure programming role with an older adult population in a residential or community setting
- Have a background in gerontology or experience working with older adults
- A student or recent graduate from an accredited Activation Coordinator/Gerontology program

This intensive course includes:

- 6 weekly in-person instruction days; 1 day per week, 36 hours total
- 6-month access to online resources, including music and video playlists specifically tailored for class delivery as well as videos of the material (i.e., the dances) to be taught to clients

By completing this course, you can expect to gain:

- A knowledge base on the benefits of dance in the health of older adults
- Exposure to the research evidence on dance and aging
- A comprehensive understanding of the Baycrest NBS Sharing Dance Seniors dance program protocol
- Knowledge of, practice and confidence in how to approach the teaching of a Sharing Dance Seniors class
- Insight related to how to use music in the context of a dance class to maximize engagement
- Comfort in accessing the Sharing Dance Seniors online support resources
- Real-time and written feedback from course instructors and program designers on your teaching to further develop your skills
- Information to help prepare you to set up classes in your community

The cost for the course is \$600 CAD. This does not include the cost of any travel and accommodation you may require. Deposit of \$150 on credit card is required to hold your spot in the course.

Dates: May 1st – June 5th, 2019 on each Wednesday from 9am-4pm

Location: George Brown College Waterfront Campus 51 Dockside Drive Toronto M5A 1B6

Application: contact Molly Marrack mmarrack@georgebrown.ca or at 416-415-5000 ext 3293 to reserve your space. Enrollment is limited.

Testimonials:

"You don't have to have any dance experience. As long as you want to move to music, everyone and anyone is welcome"

– Dorothy "Dot", Participant over 90 years of age

"Some of the participants are more reserved and especially one, does not like to come to activity programs ... She is probably the most active member in our dance class at this time and smiles the whole time through. Her comment, when [the class] was done, was that she cannot wait for next week. Thank you."

– Marsha, Onsite Facilitator

"The participants absolutely love it! The one gentleman in our class said, 'This is the most fun I have had in a long time.' The participants can't wait for next week – the infectious smiles and joy on the participants' faces were wonderful. A participant hummed her way through the entire program. Amazing class! Thank you!"

– Natalie, Onsite Facilitator

"I thought it was fantastic! I was so impressed by everyone's effort and was blown away by the engagement, especially from our gentlemen!"

– Sarah, Onsite Facilitator

Sharing Dance in the news:

- [CTV News Kitchener - Older adults hit the dance floor](#)
- [CTV News Kitchener - Seniors raising the barre with ballet program](#)
- [The Brandon Sun – Dance programs for seniors with dementia offered at four Westman locations](#)
- [CP24 – Dance class at Baycrest helps uplift seniors](#)



Photo credit: Canada's National Ballet School