

Ready, Get Set, DANCE!

by Tina Woo, Membership and Sandy Kiyomura, NSC Member

Bring your dancing shoes and friends to Cupertino on May 6. You will learn two or three dances Swing, cha cha and any special request. We'll have plenty of time to practice. You won't need to bring a partner. At my class at Mastick Senior center, I taught 15 seniors East Coast Swing in less than an hour. One lady was in her 90's and a few were in their 80's. So even **YOU** can learn! Dancing is not only physical, but requires mental concentration. You are learning steps with a partner and dancing to music that will enhance your endorphins. Not only that, dancing makes you smarter by opening up new neurons/pathways in your brain.

1st hour will be for socializing and meeting Nisei Ski Club board members, and learning about Nisei's upcoming summer and fall activities.

2nd hour will be for instruction.

3rd hour will be for social dancing or practicing.

\$10.00 is a great price for Social Dance Lessons.

Saturday, May 6, 2023 from 2:00 to 5:00 pm

Cupertino Senior Center (free parking)

21251 Stevens Creek Blvd (at Mary)

Cupertino, CA

Water will be provided by the Club. Bring your potluck items and dancing shoes.

Space is limited so reserve early. Cost is \$10.00 per person

Please send check to: Tina Woo, 21577 Villa Maria Court, Cupertino, CA 95014

First Name: _____ Last Name _____

Potluck Item _____

Phone: _____

Email _____

If you need to cancel, please let us know 3 days before May 6 so we can find a replacement.

For those interested, there are dinner options available at nearby restaurants.

For more information, please email Tina Woo at dance@niseiskiclub.org

For special dance requests, please email Sandy Kiyomura at dance2@niseiskiclub.org