

# MOVEMENT SPEAKS®

Celebrate Moving in Strong and Creative Ways. **ALL FUN. ALL WELCOME!**

## CENTRAL HARLEM

Central Harlem Senior Center/Kennedy site, 34 West 134th St (btw Lenox and 5th Ave)

Tuesdays, 1:30-3:00 PM

Jan 15, 22 Feb 5, 12, 19, 26 March 5, 12, 19, 26 April 2, 9, 16, 23 May 7, 14, 21, 28 June: 4, 11

Central Harlem Senior Center/St. Nicholas Houses, 210 West 131st St (off Adam Clayton Powell)

Thursdays, 10:30-11:45 AM

Jan 17, 24, 31 Feb 7, 14, 21, 28 March 7, 14, 21, 28 April 4, 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13

Canaan Senior Center, 1428 Fifth Avenue, New York, NY 10035 (entrance at 116th St.)

Thursdays 1:15-2:30PM

Jan: 17, 24, 31 Feb: 7, 14, 21, 28 March: 7, 14, 21, 28 April: 4, 11, 18, 25 May: 2, 9, 16, 23, 30

## WEST HARLEM

George Bruce Library, 518 West 125th Street (btw Amsterdam and Broadway), 10027

Fridays, 10:30 AM - 12:00 PM (new time Feb 1 - June 14 start 11AM)

Jan 11, 18, 25 Feb 1, 8, 15, 22 March 1, 8, 15, 22, 29 April 5, 12, 19, 26 May 3, 12, 17, 31 June 7, 14

PSS Manhattanville, 530 West 133rd Street (btw. Old Broadway and Amsterdam)

Wednesday's 10:30 - 11:45 AM

Jan: 16, 23, 30 Feb: 6, 13, 20, 27 March: 6, 13, 20, 27 April: 3, 10, 17, 24 May: 1, 8, 15, 22, 29 June: 5, 12

Douglass Social Club, 868 Amsterdam Ave. New York, NY, 10025 (b/t 102 and 103 St.)

Wednesdays 1-2:30PM

Jan 16, 23, 30 Feb 6, 13, 20, 27 March 6, 13, 20, 27 April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June: 5, 12

The Center at Red Oak, 135 West 106th Street, Manhattan, NY, 10025 New York, NY

Wednesdays, 10:30- 11:45

March: 6, 13, 20, 27 April: 3, 10, 17, 24 May: 1, 8, 15, 22, 29 June 5, 12, 19

Choreography Mon @ 1:30 -3 PM PM Mar 18, 25, April 1, 8, 15, 22, 29 May 6, 13, 20 June 3, 10, 17, 24

Association of Black Social Workers (ABSW) 221 WEST 107TH STREET, MANHATTAN, NY, 10025

Tuesdays 10:30 AM - 11:45 AM

March 5, 12, 19, 26 April 2, 9, 16, 23, 30 May 7, 14, 21

## UPPER WEST SIDE

Goddard Riverside Senior Center, 593 Columbus Avenue, New York, NY

Wednesdays, 1:30-3 PM

March: 6, 13, 20, 27 April: 3, 10, 17, 24 May: 1, 8, 15, 22, 29 June 5, 12, 19, 26

Choreography Mon @ 3 PM Mar 18, 25, April 1, 8, 15, 22, 29 May 6, 13, 20 June 3, 10, 17, 24

Lincoln Square Neighborhood Center, 250 West 65th Street, New York, NY 10023

Tuesdays, 9:00 - 10:00AM

March 5, 12, 19, 26. April 2, 9, 16, 23, 30, May 7, 14, 21, 28, June 4, 11, 18, 25

## UPPER EAST SIDE

Webster Library, 1465 York Avenue (btw 77 & 78th St.) New York, NY 10075

Fridays 10:30AM - 12:00PM

Jan 11, 18 Feb 1, 8, 15, 22 Mar 1, 8, 15, 22, 29, April 5

## WEST VILLAGE

Tony Dapolito Recreation Center\*, 1 Clarkson Street, New York, NY 10014 (Seniors must obtain a \$25.00 one time membership fee)

Wednesdays, 10:00 - 11:30 AM

Jan: 16, 23, 30 Feb: 6, 13, 20, 27 March: 6, 13, 20, 27 April: 3, 10, 17, 24 May: 1, 8, 15, 22, 29 June: 5, 12

## LOWER EAST SIDE

Henry Street Settlement/Good Companions Senior Center, 334 Madison Street, Lower Level

New York, NY 10002

Tuesdays, 10:00 - 11:30 AM

Jan: 8, 15, 22 Feb: 5, 12, 19, 26 March: 5, 12, 19, 26 April: 2

## BROOKLYN

Eileen Dugan Senior Center, 378 Court Street, Brooklyn, NY 11231

Fridays, 10:30 to 11:45 AM

Jan 11, 18, 25 Feb 1, 8, 15, 22 March 1, 8, 15, 22, 29, April 5, 12, 26 May 3, 10, 17, 31 June 7, 14, 21

Park Slope Center For Successful Aging, 463A Seventh Street, Brooklyn NY 11215

Wednesdays, 10:00 - 11:30 AM

Feb 27, March 6, 13, 20, 27 April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5

## BRONX

William Hodson Senior Center, 1320 Webster Ave, Bronx, NY 10456

Fridays, 1:00-2:30 PM

Jan 11, 18, 25 Feb 1, 8, 15, 22 March 1, 8, 15, 22, 29 April 5, 12, 26 May 3, 10, 17, 31 June 7, 14

## QUEENS

Queensbridge Riis Senior Center,

10-25 41st Avenue, Long Island City, NY 11101

Mondays (Lunes), 1:30 - 3 PM

Jan: 14, 28 Feb: 4, 11, 25 March: 4, 11, 18, 25 April: 8, 15, 22, 29 May: 6, 13, 20 June: 3, 10

Movement Speaks® is free of charge thanks to our sponsors.

FOR MORE INFORMATION: Lori (DVP) 347.683.2691; Lori@dvpnyc.org.

## ABOUT US

Dances for a Variable Population provides lively, fun and free programs for adults, low cost classes, and performances with beautifully crafted choreography. Through our programs, we strive to extend and improve the quality of life, and engage communities as participants and audience members.

Naomi Goldberg Haas, Artistic Director • 347.683.2691 • naomi@dvpnyc.org

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