# Hip Hop Chair Dance Exercise



July 16th

1:30—2:30

Brewster Council on Aging

Join Rondae Drafts, Ph.D. abd, and Executive Director of MusicDance for a 1 hour chair dance class.

Have yourself some fun while bettering your body, mind, and soul!

Travel through time on the "soul Train" using clean-cut hip hop and rhythm and blues songs. Creative props, drums and African maracas will be utilized during the class to make this journey of dance come to life. **Advanced registration is required. Please call the COA at 508-896-2737, to reserve you seat**.

Brewster Council on Aging ~ 1673 Main Street