

PERFORMING ARTS

CONTACT
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 LOCAL 7216

PER 312

DANCING WITH RIVKY

Put on your dancing shoes and have fun while staying fit. Enjoy a mind-body workout while dancing your way to better health.

Tuesday April 25 to June 20
 2:30 - 3:30 pm • 8 sessions • \$80
 Rivky Eklove

PER 320

ISRAELI DANCING

Join us for a fun-filled time of Israeli folk dancing and enjoyable music.

Wednesday April 19 to June 14
 11 am - 12 pm • 8 sessions • \$70
 Maurice Perez

PER 302

ROCK 'N SOUL CHOIR

Love to sing? Join our Rock 'n Soul Choir. Perform hit songs from the 60's and 70's under professional musical direction. Learn to sing melodies and harmonies that made rock 'n roll history. No experience required but energy and enthusiasm definitely are.

Wednesday April 19 to June 21
 7 - 9 pm • 9 sessions • \$90
 Suzu Enns

PER 301

BAND

Join the Cummings Centre Band as a budding or accomplished musician for the opportunity to meet others and perform in concerts. Audience welcome at rehearsals.

Wednesday April 19 to July 5
 2 - 3 pm • 10 sessions • \$36
 Joelle Selby

PER 311

CUMMINGS THEATRE

Welcome to the wonderful world of "make believe". Discover various acting techniques and styles through warm-ups and acting exercises, then plunge into the theatrical worlds of comedy, tragedy, storytelling, improvisation and mime.

Wednesday April 19 to May 24
 4 - 6 pm • 6 sessions • \$60
 Jacqueline van de Geer

PER 313 **NEW!**

EMPOWER WITH IMPROV

Spark your creativity, think faster, meet new people, laugh more, worry less, listen intently, face fear, let go, take action, trust more! Join this group to explore and push your boundaries in a welcoming environment.

Wednesday June 7 to 21
 4 - 6 pm • 3 sessions • \$30
 Amanda Silveira



PER 300

CHOIR

The Cummings Centre Choir which has been in existence for 25 years is a group of energetic singers and musicians. They bring joy through their yearly concerts at senior residences throughout the city. They perform songs in English, Yiddish, Hebrew, French and Russian. New members welcome. Audience welcome at rehearsals.

Friday April 21 to July 7
 10 am - 12 pm • 12 sessions • \$36
 Ella Wilhelm

PER 355 **NEW!**

BELLY DANCING

Learn how to sway, isolate and shimmy to your heart's content. This middle eastern form of dance emphasizes hip and abdominal movements with graceful arms to Arabic music. Good posture, flexibility, rhythm, beauty, elegance and grace are nurtured.

Tuesday May 2 to June 20
 1 - 2 pm • 8 sessions • \$60
 Sandra Benjamin

PER 303 **NEW!**

THE SKYLINERS

The Skyliners, a musical group new to the Cummings Centre, play memorable songs from the fifties for your listening and dancing pleasure. Enjoy a free sneak peek this semester.

Monday April 24 to June 19
 7:30 - 8:30 pm • 8 sessions
 No charge
 Irving Richer

