

Happy Feet at Senior Centers

Happy Feet Dance, Music and Resident Participation at Senior and Assisted Living Centers



Bring music, dance and happiness to your center. The positive effect of music on the elderly has been well documented to improve mood and even to boost memory.

In addition to listening to music and watching tap dancing, Valery Marcantonio's 45 minute program also includes:

- Sing-a-longs
- Arm movement patterns
- Toe tapping
- Clapping to the beat
- Rhythm sticks (the residents use the sticks as she tap dances)
- Trivia about songs and composers

Don't worry about your floor, Valery brings her own portable tap board.

To find out more or book a program contact: [studio10tap\(at\)gmail.com](mailto:studio10tap(at)gmail.com)

Download Information Flyer: [PDF]



"Valery has a wonderful way with my residents. She is a great teacher, performer and full of energy! The residents really respond to her and always tell me how entertaining and fun she is when the performance is over. They always ask me when she will be back!"

Susan E. Hobart, Program Director, Sunrise of Wayland