



When:

Tuesdays

1:00 - 2:00 pm

Dates:

February 11 - May 13

No class on March 11 &
April 15

Where:

Xenia Community Center
Gymnasium

1265 W. Second St. Xenia
(Next to GCCOA office)

If Xenia schools are
closed due to weather,
class that day will be also



Winter/Spring Session



When we drum and dance we are having FUN! The rhythmic patterns of drumming stimulate brain wave activity which in turn improves our mental status. Drumming is also a great physical workout, and helps with core strength and balance.

Our instructor is Drums Alive Master Trainer and Music Therapist-
Dorie Phillips.

Space is limited and registration is required. To register or for more information, call Jeff Schairbaum at 937-376-5486 ext 112, or email jeff.s@gcco.org.