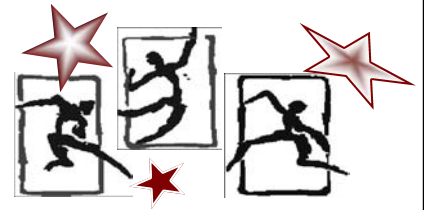


# Beyond the Barre

November, 2006



## Director's Corner

The holiday season is approaching quickly. We didn't want to miss out on all the holiday fun and festivities. So, Dance & BodyWorks has planned a few activities for the season, "ELF" on **Saturday, December 9, 2006** and a New York bus trip to see "ANNIE" on **Sunday, December 17, 2006**. Mark your calendars and share these dates with family and friends. I hope there is something for everyone in our planning!  
**Have a Happy Thanksgiving!!**

Sandra



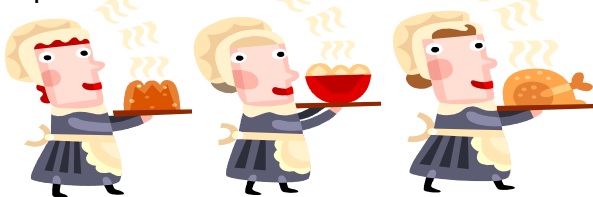
## Dance & BodyWorks's Holiday Production "Elf"

Last year's production, "SCROOGED" which consisted of a small cast of our dancers, was absolutely fabulous. This year, however, we wanted the entire Dance & BodyWorks family to help us bring in the holiday season. "ELF" proves to be a lot of fun. It is a story about a human that grows up as an elf at the North Pole, who as an adult takes a journey to find her long lost family and makes it home just in time for Christmas. The production is very informal and is meant to give family and friends an opportunity to see what your dancers have accomplished over the last few months. The students will get the experience of performing on a stage in front of an audience as well as an opportunity to give their very special gift of dance to you.

The production is on **Saturday, December 9, 2006 at 2:00 pm** at **Charles Flowers High School**, 10001 Ardwick-Ardmore Road, Springdale, MD. Tickets are **\$8.00**. They may be purchased at Dance & BodyWorks and are on sale now!

## New York Overnight Excursion

This year's New York Excursion will take place from **Saturday, March 3<sup>rd</sup> through Sunday March 4, 2007**. This is our annual overnight trip to New York where we take in the sights, do a little shopping, see a Broadway show and of course take classes at famed New York dance studios. Planning for the trip is underway. Specifics include taking private classes at Alvin Ailey or Steps on Broadway, seeing the Broadway musical "**A Chorus Line**" and visiting **Madam Toussauds Wax Museum**. Children under the age of 12 will require a chaperone. This is our 9<sup>th</sup> annual trip and we always have a good time, so come and join us. Specific information about costs and deposits will be available in mid-November.



**Six-Flags Fall DanceExpo Performance....  
 Well done Dancers!!**

**W**e did it again! For the 4<sup>th</sup> year in a row, we put on our dancing shoes and headed over to Six Flags of America for the 4<sup>th</sup> Annual Fall DanceExpo on Sunday, October 15, 2006. This was a wonderful opportunity for Dance & BodyWorks to perform our artistic skills in front of a live audience. Our dancers didn't miss a beat. This was the very first performance for our Jr. Ensemble (ages 7-9), but you wouldn't know it by the way they strutted their stuff. They were awesome. All of our groups did an outstanding job and we are very proud of their hard work and accomplishments.

After the performance, our group experienced all of the excitement and thrills of Six Flags America, where during DanceExpo, Six Flags America was transformed into FRIGHT FEST, the largest and scariest Halloween celebration in the region featuring hair-raising attractions for kids of all ages. And for a change, the weather was perfect. We had a ball and can't wait to do it again next year.

**Thanks to You!**

**A** big thank you goes out to everyone that participated in the African American greeting cards and gifts fundraiser. We raised over \$3000.00 (WOW!). The money will be used towards Dance & BodyWorks general operating expenses in an effort to keep overall costs low. Thanks again for your support. We couldn't do it without you!

**Health Minute**

Every walk around the block, every dance step, every yoga pose — each is a good investment in your mind.

Time and time again, research has shown that if you keep our body busy today, your brain is less likely to suffer from memory thieves like Alzheimer's and other forms of dementia tomorrow. Why is exercise so important? It boosts cerebral blood flow and stimulates the growth of new gray matter. Maybe bodybuilding should be called brain building.

**Visit us at:**  
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**For Dance attire:**  
[www.curtaincallforclass.com](http://www.curtaincallforclass.com)



- November*
- 11 2nd Recital Costume Deposit Due
  - 22-26 STUDIO CLOSED for Thanksgiving Holiday
- December*
- 9 "ELF" D&BW Original Production
  - 17 "ANNIE" New York Trip
  - 23-5 STUDIO CLOSED for Winter Break