

Dance at a Distance - Ballet for Active Seniors

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Hello,

I wanted to share an opportunity being presented by our friend Cecelia Beam from the San Francisco Ballet. You may remember Cecelia, she has led the wonderful “Nutcracker Inspired Chair Dance Class” at Aquatic Park Center for the past two Decembers.

Cecelia is now leading “[Dance at a Distance—Ballet for Active Seniors](#)” every [Tuesday](#) beginning at 2:30pm.

If you’re interested in a creative, fun, active opportunity, please see her attached flyer for details!

**Thank you,
Frank**