



BEALTAINE  
FESTIVAL  
DANCE  
EVENT  
30 MAY

Movement  
class for  
seniors

Show  
by children

Film  
premiere

Round  
table

**AGE**  
**MOVEMENT**  
*in*

TIPPERARY  
**DANCE**  
PLATFORM

Tipperary Dance Platform presents

# AGE IN MOVEMENT

TIPPERARY  
DANCE  
PLATFORM

Attend the premiere of Tipperary Dance Platform's new short film featuring a group of senior women from Tipperary, and a performance by St Michael G.N.S. Participate in a movement class for seniors. Join us for a round table to discuss artistic practise and age. Come and celebrate with us the fact that we all move, dance and create at any age. The event is free of charge and welcomes all.

## 10.30 am | Seniors movement class

Designed for seniors (65 yrs+) to maintain healthy movement in our mind and body, this gentle class does not require any previous experience. It is a joyful way to play with and maintain coordination, balance and flexibility.

## 11.30 am | Tea break

Tea break: free tea and small catering for all participants.

## 12.00 pm | (45 min.) Show, followed by a short dance film

**Show:** the children of St Michael G.N.S. perform the piece created during their participation in Tipperary Dance Platform's dance in schools programme.

**Film:** Cinema world premiere of the new short dance film produced by Tipperary Dance Platform with the women of the Age in Movement group in Co. Tipperary.

## 2.30 pm | Round table

We are gathering great talent from the area to discuss the experience of practising art and maintaining creativity as age steps in: Roy Galvin, Betty Lynch, Sam Walsh, Gill Williamson, Cathy Coughlan. Mediated by Enda Griffin.

30 May 2019 | Tipperary Excel Arts Centre | 10.30am - 4pm | Free of charge

**BOOK NOW: 062 80 520**

**WWW.TDP-DANCEPLATFORM.IE**

*Organisation:*

*Jazmin Chiodi & Alexandre Iseli*



Clár Éire Ildánach  
Creative Ireland  
Programme  
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