

**Older Adults
& Seniors**



Multicultural Dancing Classes

Thursdays, 1–3 p.m.

Join us for fun dancing and performance with Baby Blair!
Learn and develop dancing skills to great, lively music.

Multicultural dances include Chinese classical dance, Chinese folk dance, Indian dance, Vietnamese dance, Hawaiian dance, Spanish dance, and more.

Dancing is a great way to get fit and stay fit, and be healthy and happy!

\$4/drop-in (\$2.50 for members)
\$30/10 classes (\$20 for members)

Mount Pleasant Neighbourhood House

800 East Broadway, Vancouver
Unceded Coast Salish Territory
www.mpnh.org

Register at the Front Desk or

contact **Omnia El Shayeb:**
604.879.8208 ext 112 |
OELshayeb@mpnh.org



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Neighbourhood House**