



When:

Wednesdays

11:30 am to 12:30 pm

Dates:

January 24 - March 27th

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 canceled.



Winter Session



When we drum and dance we are having FUN! The rhythmical 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.