



**When:**

Tuesdays Noon to 1 pm

**Dates:**

February 7th - May 2nd  
Class will not be held on  
April 11th.

**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.



# Spring 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-  
BC 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](mailto:jeff.s@gcco.org).