



**When:**

Tuesdays

1:00 to 2:00 pm

**Dates:**

August 20 - October 29th

No class on 10/15

**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.



## Summer/Fall 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](mailto:jeff.s@gcco.org).