

September 2019

## Living On One: Micro-Documentary



**Living On One**, an independent documentary company, collaborated with DTP to create a micro-documentary video. They chose our program because it demonstrates positive and powerful stories made possible by the teachers and the dancers, showing how the principles of a dance class can become the foundation to success in daily activities.

The footage captures our participants engaging in the exploration of dance as an art form, celebrating creativity and community.



Dancers from all the DTP classes joined the Monday, Electric Lodge group for this project.

**View the 2 minute video:**

<https://vimeo.com/356728116/75fd4004b1>

**Optimist Facebook:** <https://www.facebook.com/Optimistfilms>

We will announce our class screening date soon.

## Formulae & Fairy Tales



On September 13 & 14, The Broad Stage presented the world premiere of Invertigo's newest work, *Formulae & Fairy Tales*. The show was a smashing success and the culmination of a dynamic residency with the Broad Stage included: Master Classes at Santa Monica College, curriculum development for teachers in high schools in Santa Monica, and 450 students attending the matinee of *Formulae & Fairy Tales*! Invertigo also kicked off a new partnership with Culver City High School's Academy of Visual & Performing Arts where we taught master classes to 30 high school dance team members!

Thank you - this program is funded in part by:

### Walk with a Doc

That's right ....with a Doc, but you can also bring a dog!

Last month we featured the Culver City award to Dr Jeffrey Penso for his work with this program. This month's Walk is on Saturday, October 19, 8:45-11:45am. Meet at Veteran's Park, 4117 Overland Ave, Culver City. Natalie Gavi, Registered Dietician, UCLA, will speak.

### MUSIC

We know how important our music is in class. The DTP teachers are constantly surprising us all with the variety of music which they choose for us to dance to! From hip-hop to *Hamilton*, hula to Israel Kamakawiwo'Ole's *Over the Rainbow*, tap to *Chattanooga Choo Choo*.....Now it's your turn! Feel free to make suggestions, tell your teacher your favourite hit tunes.

### Parkinson's Tips for Speech

**Voice, Throat, and Face Exercises:** Most people with Parkinson's Disease will experience changes in speech, voice, and swallowing at some point during the course of the disease. The same PD symptoms that occur in the muscles of the body- tremor, stiffness, and slow movement- can occur in the muscles used when speaking and swallowing.

### Here are The Parkinson's Foundation Speech and Swallowing Facial Exercises:

**Wows:** start with the "w"s with furrowed eyebrows and scrunchy face, open the "o" with a big mouth, wide eyes, and high eyebrows, then back with a small scrunched face for the last "w".

Smile- Hold- Relax. Repeat 3 times.

Pucker- Hold- Relax. Repeat 3 times.

Alternate Smile and Pucker with exaggerated eyebrows.

**Shocked:** open your mouth as wide as you possibly can. Then stick your tongue out. End with a gentle facial massage!

### NO CLASSES ON

Monday 9/30 in Venice

11/25-11/29 Thanksgiving Week

12/23-1/3 Winter Holiday

## DTP CLASS SCHEDULE

**Mondays**, 1:30pm-2:30pm at The Electric Lodge, 1416 Electric Ave, **Venice**, 90291

**Tuesdays**, 11:30am-12:30pm at Wallis Annenberg Center for the Performing Arts, 9390 N Santa Monica Blvd, **Beverly Hills**, 90210

**Tuesdays**, 1:30pm-2:30pm at LA Star Dance Studio, 19320 Ventura Blvd, **Tarzana**, 91356

**Thursdays**, 1:30pm-2:30pm at Culver Palms YMCA, 4500 Sepulveda Blvd, **Culver City**, 90230