

WORDSEARCH, DANCE FACTS, DANCE STORIES ...

WORDSEARCH

Find these 26 words - types of dance:

TAP • RIVERDANCE • BALLROOM • WALTZ • FOXTROT •
CHARLESTON • SWING • BALLET • POLKA • QUICKSTEP •
LATIN • SALSA • TANGO • CHACHA • SAMBA • RUMBA •
CONTEMPORARY • BOLERO • HIPHOP • JAZZ • MORRIS •
BELLY • JIVE • HULA • HAKA • ZUMBA

B	O	L	E	R	O	V	I	S	A	M	B	A	X	C
A	S	R	Q	F	O	X	T	R	O	T	P	W	A	O
L	C	W	E	T	M	O	R	R	I	S	U	A	L	N
L	N	H	I	P	H	O	P	T	K	O	S	L	M	T
R	I	B	T	N	U	J	B	A	L	L	E	T	J	E
O	K	D	W	Z	G	I	G	E	C	J	A	Z	Z	M
O	E	W	I	R	T	V	T	A	P	M	O	S	H	P
M	C	H	A	R	L	E	S	T	O	N	L	Y	J	O
Q	U	I	C	K	S	T	E	P	L	U	K	F	E	R
N	Z	I	E	Y	M	Z	D	L	K	R	P	S	I	A
H	U	L	A	N	B	T	C	H	A	C	H	A	O	R
A	M	Q	I	M	G	L	O	V	Z	B	E	L	L	Y
Y	B	T	A	N	G	O	H	P	U	C	L	S	E	N
S	A	Y	K	R	U	M	B	A	D	R	H	A	K	A
L	C	E	R	I	V	E	R	D	A	N	C	E	P	Y

WORDSEARCH ANSWERS:

B	O	L	E	R	O			S	A	M	B	A		C		
A	S			F	O	X	T	R	O	T		W		O		
L		W			M	O	R	R	I	S		A		N		
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DANCE FACTS:

Dancing is a universal language that brings joy, helps create a sense of community and unites everyone from all walks of life. It also forms part of people's identity (national, religious, and sub-cultural). Brings communities together.

Benefits of Dance for Older People:

Physical

- Improves Balance & Stability
- Improves Agility & Gait
- Improved Muscular Strength, Flexibility & Endurance
- Increased Range of Movement
- Increased Coordination & Reach
- Improves Gross & Fine Motor Skills
- Supports a Healthy Body – Good for your Heart!

Cognitive

- Improves Concentration
- Improves Memory & Recognition
- Supports Problem Solving
- Reduces chances of Developing Dementia
- Supports Creativity

Social

- Builds Friendships (Come Together and Engaging)
- Improves Feelings of being Connected
- Improves and Supports Teamwork
- Supports Role Acquisition (Giving & Receiving Support)
- Improves Communication
- Helps with Respect

Emotional

- Increases Positive Risk Taking
- Improves Self Confidence
- Supports Problem Solving
- Improves & Supports Trust
- Improves Belief in Oneself
- Improves Mental and Emotional Health
- Reduces Stress, Depression & Anxiety (Stimulates Endorphins & Serotonin)

MORE DANCE FACTS:

Top 10 Most Popular Dance Styles

Ballet
Ballroom
Tap
Contemporary
Hip Hop
Breakdancing
Bharatnatyam
Jazz
Salsa
Kathak

Top 5 Best Dances to Learn

Rumba
Swing
Foxtrot
Cha Cha
Salsa

DANCE QUOTES AND PHRASES:

“Dancing is music made visible.” - George Balanchine)

“Dance is the joy of movement and the heart of life.” - Susan Joli

“Dancing with the feet is one thing. Dancing with the heart is another.” - Unknown

“Just because you can't dance, doesn't mean you shouldn't dance.”

“Dance and you will feel better.” - James Brown

“To be fond of dancing was a certain step towards falling in love.”
- Jane Austen

“Dance is my escape – a world painted with the colors of passion, energy and life.”

“Everyone can dance, it's the drive and passion that makes you a dancer.” - Harvey Newton

DANCE STORIES

Click on text to follow the link

Elderly Dancers Prove They've Still Got It
– InspireMore

Why more older people should give dancing a whirl
– The Guardian

Dance therapy brings joy and wellbeing to older people
– The Guardian

'Keep dancing' as research shows it helps over 85s stay healthy'
– University of Leeds

'I took up ballet at 62 – and it transformed my life'
– The Guardian

Older people let their hair down and make new friends
– Express & Star

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