

The Sunset Tappers

Some folks hang it up when they get older. This group, ranging in age from 53 to 87 years old, *put on their tap shoes*.

Organized by Andover's Senior Center (The Center at Punchard) in October 2003, "The Sunset Tappers" meet weekly for classes and practice with dance teacher, Audrey Nason, of Andover.

The weight bearing exercise not only improves balance, coordination, and posture; but tones and strengthens muscles and bones as well. In addition, learning the vocabulary of sounds, counting rhythm, and memorizing steps provides the mental stimulation we need.

Tap dancing absolutely demands that you relax and smile! This, in itself, is a great stress buster so necessary in today's society. We do a lot of laughing and enjoy each other's company.

"The Sunset Tappers" have performed for Mayor Tom Menino's "Honor Our Elders Week," at Boston City Hall Plaza and Hyde Park; for the French Festival in Lowell; and in Variety shows at the Firehouse Center for the Arts in Newburyport. They have also entertained at various functions including banquets and celebration throughout New England.

Tap Class is Wednesday morning at 9:30am
at the Center at Punchard

For information please call
Audrey Nason at 978-475-4963