

Older Adults & Seniors



Line Dancing (Ages 55+)

Mondays & Fridays | 1:30–3:30 p.m.

Enjoy learning new line dances, making new friends, getting a little exercise, and having fun! A great mind-body workout.

Learn: Cha Cha, Rhumba, Salsa, Samba, Tango, Mambo, Waltz, and more!

No experience necessary. Pre-registration is requested.

Instructors: Darlina, Ester and Maria

10 Classes: \$25/Member | \$30/Non-Members

Mount Pleasant Neighbourhood House

800 East Broadway, Vancouver
Unceded Coast Salish Territory

www.mpnh.org

Please contact the front desk for
registration, or for more information.

604.879.8208



Mount Pleasant
Neighbourhood House