

Belly Dancing

What motivates senior citizens to belly dance? Is it the exotic costumes or are they looking for a fun way to get their exercise?

Do they enjoy the startled looks of friends when they say, "Sorry I can't linger, I have to go to my belly dance class."

Talking to the students of Sue Hovile Belly Dance class it seems to be a combination of all of the above that made them decide on this class as a way to express themselves.

Susan a mother of four and RN by profession started taking belly dancing as an exercise. She has been dancing about 10 years now performing professionally for social groups, and at many senior centers such as "out reach." The last five years she had been a teacher at Windsor Gardens.

Her students dance to authentic music from the "furtle crescent" including, Greek, Arabic, Persian and Turkish compositions.

"They have fun but they take their dancing seriously." Susan explains. Besides teaching and choreographing the dance she arranges to have the class appear at various functions and perform. If you'd like to add spice to your next meeting give her a call.