



YOUR FREE TICKET TO A SHARPER MIND

FREE CLASSES
FOR ACTIVE OLDER ADULTS

**Indian Dance:
Folk to Bollywood
with Heera Kulkarni**

Come Celebrate the Human Spirit. Relax, get rid of the stress and have fun while moving your feet and body to Bollywood and folk dances of India. It is an expression of happiness and recreation that can be used by anyone.

Starting April 5 for 3 Mondays and 3 Wednesdays,
1:00-2:00pm

Pannell Community Center
2450 Meadowview Road

PRE-REGISTRATION ENCOURAGED. DROP-INS WELCOME!

For more information contact (916) 808-1590 or
www.sacmetroarts.org/other-programs-and-resources.html

Brought to you by the Sacramento Metropolitan Arts Commission and Sacramento Department of Parks & Recreation, Older Adult Services Section