

Dear U3A Members

I hope you are faring well in these difficult times. And with some luck and optimism we will see each other again when COVID restrictions are lifted at U3A Eastern presentations Friday morning meetings at 25 Rowe St Bondi Junction.

In the meantime you may be interested in [an invitation from the ABC TV Program, Catalyst to take part in a Call Out for Seniors in Sydney to take part in a Dance/Health Program.](#)

If you are interested in taking part in the program please asap contact Melanie Sauer directly at sauer.melanie@abc.net.au M 0468 333 632.

Please see below information on taking part in the program.

ABC CATALYST: CALL OUT FOR SENIORS IN SYDNEY TO PARTAKE IN ABC PROGRAM ON DANCE/HEALTH

I'd like to introduce myself. My name is Melanie Sauer and I am an Associate Producer at ABC's flagship science program, Catalyst. We are currently producing an episode on the benefits dancing can have on our health as we age.

Research has shown that dancing is high beneficial for elderly populations. It can improve cardiovascular fitness, strength, range of motion, balance, memory, and overall feelings of wellness.

Now Catalyst wants to test it.

We're looking for 12 people based in Sydney (individuals or couples) aged between 65 – 75 years old to take part in a 12-week dance program and we'd love U3A's help to reach out to them.

Dance experience is not essential, but they should have a desire to learn. . Ideally, we'd like to find people who have some 'skills' in dance but are perhaps lonely, or have an impairment or health issue and will benefit from the movements and strength work dance provides.

People with a compelling reason to get into dance and experience the health benefits it can bring. Examples or participants could be:

- Someone who is lonely and seeking social interaction.
- A widow/widower who used to dance with their spouse but no longer does.
- Someone who had a dream to dance (and did as a child/youth) but chose raising a family over dream - now they get to complete it
- Someone who maybe had a fall, and wants to work on building strength and confidence in movement to prevent another happening (this could be a tricky line TBH)
- Someone who was a professional dancer in their youth and is looking to get back into their love of dance
- Someone with cancer or a slow progressing disease
- Someone in the early stages of dementia or with early onset dementia
- Someone with Parkinson's

Throughout the program, UNSW researchers will monitor their physiological and cognitive and overall sense of well being.

If you know of anyone specifically who would be suitable, please do let me know.

Below, I've posted a call out. If you could please circulate to any of the channels that will reach seniors directly, please do.

Additionally, if you could please forward this email and my phone number (0468 333 632) – to any organisations or professionals who work in aged care or work with seniors. That way, if they know of people specifically, they can contact me.

CALLING ALL SENIORS IN SYDNEY

ABC's flagship science program, Catalyst is looking for 12 participants (individuals or couples) aged between 65 – 75 years old to take part in a 12-week dance program that will explore the physical and mental benefits of dancing as we age.

Over the 12 weeks participants will learn a dance routine under the guidance of one of Australia's most celebrated choreographers. We are partnering with a team at the University of New South Wales, who will monitor our dancers from start to finish – looking at measurable improvements that the program will bring. In the final week, there will be a performance of the dance routine to an audience of friends and family.

Dance experience is not essential, but if you have a desire to learn then we'd love to hear from you.

An important factor to consider before applying – you will need to be able to commit to attending rehearsals every week for the 12 weeks. It will start gently – one hour, once a week and building up to three times a week as we get closer to the performance.

So, if you or someone you know, likes the idea of improving their health and wellness, making friends and are up for a fun challenge then please get in contact with us at catalyst@abc.net.au

On behalf of U3A Eastern President, David Rosenwax

Mary Healy-North

U3A Eastern

Course coordinator