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## Treherne

### Bringing Back Dancing Across the Generations

So, you think you can dance? Even if you know you *can't* dance, the Treherne inter-generational dance program might be for you. Dancers can teach and non-dancers can learn in a fun and healthy forum. The CDPI committee in that area has been encouraging increased physical activity by providing social dance instruction for local youth.

Holly Stanton, CDPI board member and Treherne recreation director, said the older generation felt the young people had “lost the skill” of dancing that used to be known in the area and decided they could bring back the basics. The local elementary schools in Treherne, Holland and Cypress River were approached and social dance instruction was incorporated into the school day. Local seniors volunteered to teach a variety of dancing skills over an eight-week period to the Grades 5 and 6 students. The program culminated with a Family Dance where program participants and volunteers, their

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families and community members were invited to attend. “It’s been great to see grandparents dancing with their grandkids and everybody having a great time,” said Stanton. As it turned out, the youngsters had their turn to teach the seniors a few modern dance steps. Not only are people getting more active – there’s been good socialization between generations as well. “It’s been very successful. We’ve had great comments from those involved,” said Stanton.

The CDPI committee also had good response to a walking challenge that took place between workplaces in the area. Pedometers were handed out and businesses challenged businesses in an effort that involved a lot of people in the community. Outdoor adventure workshops, including a paddling course, were also well-attended. “We want to introduce people to physical activity they can participate in locally,” said Stanton. “The idea is to get people more active and for them to realize physical activity doesn’t have to be done just in an organized program.”

Some people prefer a more organized activity and showed a lot of interest in “in motion – Let’s Try It” workshops. For those reluctant to make a commitment to an activity, free clinics were held to give them an idea of what was involved. Sessions offered have included golf lessons, aquasize, and fitness classes, including a 50-plus class.

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▼ *Take Note*

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▼ **Did You Know?**

▼ Golf is the most popular sport in Canada, with more participants (about 1.5 million adults)  
▼ than the national sport of hockey (1.3 million). Swimming, soccer, and basketball round out  
▼ the top five.

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▼ <http://www.statcan.ca/english/research/81-595-MIE/81-595-MIE2008060.pdf>