

ABB Reportages

# TANGO FOR SENIORS

## #03

*Meeting of the week*

## Sing and move ... Seated, without touching each other !



**Music and mobility exercises, preferably sitting down at the beginning, and for as long as the workshops are on-line...**

Give and SHARE this link with your seniors in the retirement homes or at home. This is what you have voted for.

Let's get going, so...

[Share this link with elderly relatives or friends in retirement homes or in their own home.](#)

A recreation of 25 minutes.

3 languages (French, English and Spanish).

**On a telephone, tablet, computer or, if you can, television by going via the YouTube link.**

If there is a connection problem, send us a request for the file by WeTransfer.

Yes, as we have already said in the first two newsletters,

We must sing, move and dance ...

Dance with your arms, it's possible. Among the Tuaregs, that's the tradition.

It is to watch, and to replay again during the week.

With the whole team, we are preparing the 4th episode.

[Click here to see our playlist !](#)

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*To know what you think of our way of communication with you we have opened an email address.... A prize for the best testimony.*

### *Winners of the week*



### **Retirement home « Des Sables Roses » at Decize (58)**

*It is in France, in Bourgogne, in the little village of Decize where we started, 8 years ago, the first Tango exercises for elderly people.*

**The adhesion of the Management to the project, the enthusiasm of the teams who followed the training courses in Therapeutic Tango led to this small establishment becoming the locomotive of our project "Caravan of Memory".**

Sophie Hedin, one of the first trainees in therapeutic Tango ; Romain Garnier one of France Mourey's students ; David Bonnot, the kind-hearted animator, developed a choir, a dance workshop and - based on an idea by Sophie - a fantastic workshop for people in wheelchairs.

Hats off to them all

Me saco el sombrero !

**Le Cassis Boudier and the Chocolaterie de Bourgogne.**

Have awarded a prize, without hesitation to the seniors of Decize.



*They said...*

In France, Agevillage recommended the on-line workshops [in their last newsletter](#).  
Les Chemins Buissonniers, "Club CNRS "Jeunes, Sciences et Citoyens" relayed the message ...

L'association des Producteurs de Bourgogne Franche Comté published the workshops for confinement " Musique et danse pour les EHPADS" on their site.

<https://www.aparr.org/agenda/ateliers-confines-musique-et-danse-pour-les-ehpad>

This information will not only be relayed in the monthly newsletter of "Docs ici, courts là", but also in the Aparr newsletter reserved for members.

Thanks to the association for this transmission

**AND LET'S DANCE NOW**

This is also what the Journal Hebdo in Dijon offers to everyone.

<https://www.dijonhebdo.fr/feuilleter-le-dernier-numero/>

If everyone says so, we have to go!

Finally, Gérard Mick, neurologist and neurobiologist at **the hospital of Voiron**, has suggested

these workshops in all the retirement homes in Isère.

**In San Francisco**, Peninsula Volunteers have transmitted the workshop in English to the Seniors at the Rosener House Day Centre which we visited; and likewise, Kathryn Roszak, our partner choreographer, introduced the workshop in retirement homes.

**A Buenos Aires**, Clarissa Machado and Laura Contreras broadcast the workshops in Spanish; and it has even been given in Portuguese in Brazil.

And there is also **in Paris**, the door-to-door activity of Christine Bircq Tulpin, the Tango therapist for the workshops at Isatis ; a nurse, she takes the project from house to house, she makes the Seniors sing, move and dance.

As here, at Isatis, in « la Maison du Soleil », just before the confinement...



*And what are you going to do ?????*

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