

ABB Reportages

TANGO FOR SENIORS #07

Meeting of the week

♪ Do do do, Ré ré ré ♪
Let's go to La Prée



The beautiful Cistercian abbey of La Prée, in the heart of Berry, is the place where all the reflection about the links existing between "Music, Movement, Dance and the Brain" began about 10 years ago.

Between the workshops that were conducted with the greatest musicians and dancers, and the online projects that Philippe Gallay, Director, shared during the pandemic with temporary residents, the place is still a reception centre for the project
Over there, we sing, we move, we dance, we live!
Thanks to the welcome of the "Les Petits Frères des Pauvres" and "Pour que l'esprit Vive".

This workshop is based on shared dynamics.
They have announced, in La Prée, as everywhere else, a resumption of the Tango project;
Training, workshops, therapeutic holidays are on the horizon...
It will be live or online, according to the guidelines in September, and we are preparing on
both fronts! It's the same energy propels them...

[Share this workshop with your senior.](#)

A 25-minute break depending.

If you have a connection problem, [download the Google drive file here.](#)
It's to be watched, and to be watched again within the week.

With all the team, we are preparing the 8th episode.

**To know what you think of our communication with you we have opened an
email address.... Prizes for the best testimonies.**

Winners of the week

The guests in short stay accomodation

They composed a song in honor of the place...

Based on an idea by Denise Lamarre
and the words of Geneviève Delannoy.

"I must say," writes Geneviève Delannoy, "that this workshop has brought me a lot. I can
still sing the habanera from Carmen, an aria we had been working on.

In terms of rigor, the Argentine tango steps are what they are.

As far as expression is concerned, not thinking about your age and letting yourself
be carried away by the music, that also allowed me to dare to take part in an expression workshop.
I made a small assembly of this caravan of memory with photos and music of Argentinean
tango which made me work on my computer. It's all positive."



♪ *Mi mi mi,*
I'll make friends ♪♪

The project was supported by the Chocolaterie de Bourgogne.



They said...

♪ *Si si si,* ♪
Tell among friends
♪ *Do do do,* ♪♪
Come back to see us soon



In the Article "Musical Therapies Melodies Against Diseases".
from the magazine " QUE CHOISIR Santé " July and August 2020.
To be found via

<https://kiosque.quechoisir.org/magazine-sante-quechoisir-151-juillet-2020/>

The article by Fabienne Maleyssson, of which the following is an excerpt
"The goal is not for patients to dance a perfect tango. We use it to make them move and we obtain astonishing progress", assures France Mourey, physiotherapist and researcher in the cognition, action and sensorimotor plasticity unit at Inserm. Going through music gives access to something implicit in people who don't always manage to apply instructions well. In addition to this, there is the emotional and aesthetic side, a dimension of pleasure that repetitive and boring exercises do not have."

"Benefits that go to the head."

Better still, according to France Mourey, "it's an excellent way to preserve one's cognitive capacities". This is suggested by an Italian study which compared the performance of 150 people aged 65 to 74, a third of whom were used to regularly practising various traditional dances, another third used to adapted physical activity and the last third were inactive. It is only an observational study. Therefore, it cannot be excluded that dance attracted the most agile and socially active subjects at the outset. However, it was the dance enthusiasts – followed by physical activity enthusiasts - who scored highest not only on motor tests (flexibility, balance) but also on cognitive tests (reaction time, immediate memory) and on the quality of life questionnaire. According to the researchers, dance differs from other physical activities in its impact on cognitive and psychological functions. This is because it combines rhythm-motor synchronization, memory (to remember different movement sequences), attention, sensory and emotional stimulation, social interaction and improved self-esteem. All of these factors have a major impact on mental health and quality of life as we age."

♪ sol sol sol ♪



With the support of « Gérontopôle Pierre Pfitzenmeyer »

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