

AILEY ARTS IN EDUCATION & COMMUNITY PROGRAMS

Alvin Ailey believed that “dance is for everybody.” Since its founding in 1958, the Ailey organization has honored this commitment to bring dance into the classrooms, communities, and lives of people throughout the world. AileyDance for Active Aging furthers Ailey’s original vision by reaching seniors in community centers and in residential homes for independent and assisted living.

AileyDance for Active Aging

AileyDance for Active Aging believes the transformative power of dance is applicable for all ages. Far too often, adults become prone to injury due to inactivity or isolation and have limited opportunities to engage their imaginations and express their creativity. AileyDance for Active Aging offers dance classes that support balance, strength, and flexibility training through a thoughtful and sequential progression of movement that promotes both cardiovascular and cognitive stimulation.

More than a fitness program, AileyDance for Active Aging serves as an outlet for artistic expression through participant generated choreography which cultivates the imagination and fosters a sense of joy. These shared artistic experiences build a greater sense of community and social engagement among the participants.



City of Newark Senior Services Participants, Culminating Presentation, 2022.
Photo by Cara Buchanan.

“I loved this class. It gave me something to look forward to. I loved expressing and working out life’s complications through dance. The exercise was great...”

- Participant from New Settlement Community Center

RESIDENCY GOALS INCLUDE:

- Developing a stronger sense of community among participants through social engagement
- Learning basic dance skills and technique; promoting memory by learning movement phrases taught by the teaching artists
- Deepening the individual’s ability and confidence to express themselves through movement that reflects their personal memories and life stories
- Improving flexibility, balance, strength, and endurance
- Promoting life-long learning and creative engagement

FOR MORE INFORMATION

on Ailey Arts In Education & Community Programs visit our website or scan here:



High School Students from Manhattan School for Career Development at a “Come & Dance at Ailey” workshop
Photo by Nicole Trille

“What I enjoyed most about AileyDance for Active Aging was the joy, laughter, friendship, euphoria, happiness, excitement!”

- Participant from James Lenox House

WHAT WE OFFER:

- An initial planning with Ailey Arts In Education staff and assigned teaching artists
- A series of weekly dance classes (60 or 90 minutes)
- A Culminating Presentation with an invited audience of friends and family
- History of Alvin Ailey and the Alvin Ailey American Dance Theater

OUR CURRICULAR FRAMEWORK INCLUDES:

- A clear structure for the dance classes with a daily agenda displayed and reviewed at the top of class
- Two teaching artists as co-leads, demonstrating movement both seated and standing
- Movement adaptations made for participants with mobility or balance challenges
- An introduction to basic dance elements, vocabulary, and choreographic structure
- A playlist of participant-suggested musical selections
- Movement prompts that engage and stimulate memory and life stories
- Learned dance phrases of varied movement qualities and emotional expression
- Opportunities for caregiver and family engagement

WE VALUE:

- A strong communication between Ailey staff and our partner organizations to ensure success for all participants
- Ongoing assessment to garner feedback from participants and staff of partnering sites.