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[Roxbury Seniors Step It Up With Alvin Ailey Troupe](#)

By: Chloe Pisani

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ALVIN AILEY MOVES



ERIN CLARK/GLOBE STAFF

Daisy McClain participated in an AileyDance for Active Aging class at Central Boston Elder Services on Thursday. Teaching artists from Alvin Ailey American Dance Theater led seniors through movements inspired by the company's choreography ahead of performances at the Boch Center Wang Theatre April 30–May 3. **B3**



PHOTOS BY ERIN CLARK/GLOBE STAFF

Amos Machanic, a former Ailey dancer, led seniors through warm up stretches and dance and mobility exercises during an AileyDance for Active Aging workshop at Central Boston Elder Services in Roxbury on Thursday.

ROXBURY SENIORS STEP IT UP WITH ALVIN AILEY TROUPE

By Chloe Pisani
GLOBE CORRESPONDENT

Roxbury seniors stepped and swayed with a “teaching artist” from Alvin Ailey American Dance Theater in a class at Central Boston Elder Services on Wednesday afternoon.

Boston’s Vivo Performing Arts presented the “AileyDance for Active Aging” workshop, so residents could learn movements inspired by Ailey’s choreography, the arts organization said in a statement.

Ailey, based in New York City, “shares the African American cultural experience through performances, training, classes, and community programs,” the organization says on its website.

Amos Machanic, a former Ailey dancer, led about a dozen seniors through warm up stretches, dance elements, and mobility exercises, Vivo said.

The 60-minute class was part of a program by Vivo and the Ailey dance troupe to bring



Teaching artist Jessica St. Vil demonstrated a dance movement during an AileyDance for Active Aging workshop at Central Boston Elder Services in Roxbury on Thursday. Two more classes are planned for Friday at the elder services center and at the Roxbury YMCA.

active aging workshops to community centers throughout Boston from March 9 through 13, Vivo said in a flier for the program.

Ailey’s goal with the program is to “promote movement that can prevent injury due to inactivity or isolation, while encouraging participants to engage their imaginations and express their creativity,” the theater said.

The last two classes in the city will be on Friday at the Roxbury YMCA at 10 a.m. and at the Central Boston Elder Services at 2:30 p.m., Vivo said.

The workshops were planned in advance of the celebrated dance troupe’s spring visit to Boston.

Ailey will perform at the Boch Center Wang Theatre from April 30 through May 3, the dance company said.

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