



May–July 2019 Music & Movement for Seniors

Experience the joy and benefits of movement and song in this class that combines easy movements with lively singing to piano accompaniment. All dance material, some of which is done seated, is adaptable for people with varying levels of physical ability or mobility challenges, including participants who use walkers.

Instructors Robert Sacheli & Roy Barber: Robert Sacheli, a teaching artist in the Dance for PD program, trained at the Mark Morris Dance Group, which developed Dance for PD. Roy Barber leads a Parkinson’s choir in Chevy Chase.

REGISTRATION

Please register at least one week prior to class start, so we have an accurate enrollment count.

Please check the category that describes your membership/affiliate status:

<p>___ CC Village Resident or CC@H Member/ Associate/Friend (\$135)</p> <p style="text-align: center;">or</p> <p>___ community member (\$153)</p>	<p>Music & Movement for Seniors March 20–May 16, 2:30-3:30 pm 9-week session</p>
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Name

Telephone

Street

E-mail

City, State, Zip Code

Please send 1) check payable to “Chevy Chase At Home” & 2) this completed Registration Form & 3) signed Waiver & Release (below) as follows:

- CC Village Residents to CC Village Hall
- all other registrants to Chevy Chase At Home
 P.O. Box 15102, Chevy Chase, MD 20825

Note: Drop-ins are welcome on a space available basis. Drop-in charge is \$15 for CC@H members and CCV Village residents, \$17 for general public.

Questions? Email: *info@chevychaseathome.org*, or call 301-657-3115

See Reverse for Waiver.

Waiver and Release

In consideration of being permitted to participate in the following course/activity, sponsored by Chevy Chase Village and provided through Chevy Chase At Home:

1. I recognize that Chevy Chase Village is not responsible for the content or teaching of this course/activity and makes no warranties, and specifically disclaims any warranties, with respect thereto.
2. I am participating in the course/activity upon the express agreement and understanding that I am hereby waiving and releasing Chevy Chase Village, its officers, managers, employees and agents from any and all claims, costs, liabilities, expenses or judgments including attorneys' fees and court costs (herein, collectively referred to as "claims") arising out of my participation in the aforesaid course/activity and any illness injury or death resulting therefrom, and hereby agree to indemnify and hold harmless Chevy Chase Village, its officers, managers, employees and agents from and against all such claims except claims proximately caused by the gross negligence or willful misconduct of Chevy Chase Village.
3. I am over the age of eighteen years and competent to enter into this waiver and release. I hereby execute and deliver this waiver and release voluntarily and with full understanding of the contents and consequences thereof and to induce Chevy Chase Village to permit me to participate in the program at Chevy Chase Village Hall.

Signature of Participant

Printed Name

Date

Street

Email Address

City, State, Zip Code

Home & Work Telephone Numbers