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Friends of IMPROVment®,

I hope this note finds you well and enjoying a restful summer. We have lots of updates this month to share!

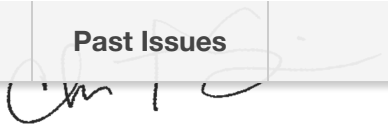
First, we are busy in July creating our intergenerational dance work as a part of the [Music Carolina concert series on Sunday, August 17th at 2pm](#) at the Intergenerational Center for Arts and Wellness. We are thrilled to collaborate once again with the [Piedmont Hot Club](#) to bring the music of Django Reinhardt to life on stage! See info about obtaining tickets [here](#). Some friends you know from class will be participating in the concert!

Can't make the show on August 17th? I am hosting a [Latte and Learn](#) conversation about the power of intergenerational performance at 12:30 on Tuesday, July 29th at the Generations Center!

Also this summer, we were thrilled to partner in June with UNCSCA bassoon faculty member Stephanie Patterson who joined us in class with her collaborator Maribel Alonso from Mexico. We had a ball dancing with live music in class!

Finally we are excited to be hosting an IMPROVment® workshop in August at Southminster in Charlotte. Interested in participating in that? We have a few seats available. Email me at sorianct@wfu.edu if interested.

Take care and stay cool!



Christina Soriano

Founder/Executive Director of IMPROVment®

improvment.wfu.edu

Music Carolina — August 17



MUSIC
CAROLINA

featuring choreography by Christina Soriano

Sunday, August 17, 2:00 p.m.

Intergenerational Center for Arts and Wellness

\$12 General Admission/\$5 Ages 6-18

Make [Music Carolina SummerFest](#) part of your summer! Enjoy intergenerational dance and music as IMPROVment® is featured once again at this annual regional music festival. "International Dance with Hot Jazz" will feature new work by Christina Soriano, with "Gypsy Jazz" performed by The Piedmont Hot Club. See our rehearsal photos above!

Featuring: Brad Cokendolpher, guitar; Martha Bassett, guitar; Pat Lawrence, bass; Gabriel Pelli, violin & guitar

[More about Music Carolina 2025](#)

Guest Musicians in Masterclass





Our Masterclass at UNCSA in June featured guest bassoonist duo Las Californias—Maribel Alonso, (professor of bassoon at the Facultad de Música at Universidad Nacional Autónoma de México) and Stephanie Patterson (associate professor of bassoon at UNCSA).

Movement Workshop in Charlotte

MOVEMENT WORKSHOP



SOUTHMINSTER

All Are Welcome!

Experience movement classes,
pedagogical workshops, and
research presentations.



Come Move With
Us!



Workshop Details:

FRIDAY, AUGUST 8TH, 9AM-5PM

SOUTHMINSTER, Shelton B.

Lunch Provided!

Contact Tracy McGinnis to register: tmcginnis@southminster.org

FRIDAY, AUGUST 8TH

Southminster, Shelton B

8919 Park Rd, Charlotte, NC

9AM-5PM

Lunch Provided!

Experience movement classes, pedagogical workshops, and research
presentations.

All are welcome—come move with us!

Community Partner Spotlight

The REACHE Program



**With funding from
United Way**

WINSTON-SALEM
STATE UNIVERSITY



OT/PT DEPARTMENTS OUTPATIENT THERAPY CLINIC

- Physical Therapy and Occupational Therapy to promote health, wellness, mobility & functional ability
- Emphasis on strengthening, endurance, function, balance, fall prevention and promoting participation in daily activities
- Personalized exercises and treatment plans
- Promoting health for older adults aging in place
- Focus on older adults & individuals with MS

Contact Us:
reache@wssu.edu
(336) 338-8046

Clinic Location:
Intergenerational Center for
Arts & Wellness
114. W. 30th Street
Winston-Salem, NC 27105

Please take the the Age Friendly Forsyth survey!



Are you age 60 or more? We want to hear from you!

Imagine a Forsyth County where everyone, at every age, can thrive. A place where our streets are safe, our healthcare is accessible, our community is connected, and our homes support us as we grow older.

This isn't just a dream – it's the vision of Age-Friendly Forsyth!

We believe that the best way to build this future is by listening to YOU. Your experiences, ideas, and insights are invaluable. They help us understand what's working well and where we can do better to ensure Forsyth County truly supports all its residents.

Ready to make a difference?

Scan the QR code to the right to take the 2025 Age-Friendly Forsyth Community Survey.

It's quick, easy, and your confidential responses will inform conversations with service providers and community leaders, helping to make sure Forsyth County is an age friendly community.

Responses will be collected until October 15, 2025.

SCAN HERE



or visit
bit.ly/aff-survey25



Your voice is the key to a more vibrant Forsyth County for generations to come.
Thank you for making a difference!



For questions or to learn more:

Call 336-725-0907 or email affsurvey@seniorservicesinc.org

Take the 2025 Age-Friendly Forsyth Community Survey. It's quick, easy, and your confidential responses will inform conversations with service providers and community leaders, helping to make sure Forsyth County is an age friendly community. Responses will be collected until October 15, 2025.

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