



## Feb. 19–May 6, 2020 Music & Movement



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, much of which is done seated, is adaptable for people with varying levels of ability or mobility challenges.

**Instructors Bob Sacheli & Roy Barber:** Bob Sacheli, who is a teaching artist in the Dance for PD program, trained at the Mark Morris Dance Group, which developed Dance for PD. Pianist and vocalist Roy Barber also leads a Parkinson's choir in Chevy Chase.

### REGISTRATION

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

Note: Drop-ins are welcome on a space available basis. Drop-in charge is \$20.

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

<input type="checkbox"/> CC Village Resident, CC@H Member/ Associate/Friend, Other Village Member (\$120)  <b>or</b>  <input type="checkbox"/> community member (\$144)	<b>Music &amp; Movement for Seniors</b>  Wednesdays, 2:30-3:30 pm Feb. 19–May 6, 2020 (12-week session)
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\_\_\_\_\_  
Name

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Street

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
City, State, Zip Code

- **Payment** may be made (1) on the web site, [chevyCHASEathome.org](http://chevyCHASEathome.org), (2) by calling (301) 657-3115, (3) by mail to Chevy Chase At Home, or (4) in person on the first day of class.
- Please deliver the completed Registration Form and signed Waiver & Release (below/reverse) as follows:
  - mail to .....Chevy Chase At Home  
P.O. Box 15102, Chevy Chase, MD 20825; Or
  - scan and email to.....[info@chevyCHASEathome.org](mailto:info@chevyCHASEathome.org).
  - CC Village Residents may drop off at CC Village Hall.

**Questions?** Email: [info@chevyCHASEathome.org](mailto:info@chevyCHASEathome.org), or call 301-657-3115

See Reverse for Waiver.

## WAIVER AND RELEASE

In consideration of being permitted to participate in **Music & Movement**, 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/Cell/Work Telephone Numbers

See reverse for Registration form.