

Joie de Vivre – A celebration of dance for, by and with older people.

A day at Pavilion Dance South West, Bournemouth.



On Sunday 1st October 2017, with bubbling anticipation, we opened the doors of our dance house on Bournemouth's golden beach to welcome people to our 1-day event, launched at the beginning of the Age of Celebration Festival and on the UN International day of celebration for older people. Organised by Pavilion Dance South West, Bournemouth's National Portfolio Organisation.



'Joie De Vivre' is the umbrella term for all of our work with older dancers amateur and professional to raise the visibility of the expertise and excellent work on offer. Their works are powerful and promote a positive perception of older dancers as makers, participants and performers.

The Joie De Vivre Platform is a 1-day event that celebrates older people in our community through participation and performance. In 2016 we hosted a platform of short performances by superb companies of mature dancers from across the UK including Company of Elders (Sadlers Wells, London) to Gerry's Attik (Julia Thorneycroft Company, Bristol). This year we merged performance with participation. A day of short dance tasters in African, Contact Improvisation, Hip Hop and Yoga fed minds and bodies and renowned British Choreographer, Lea Anderson, MBE, created a happy studio with her down to earth spirit that enabled dancers to explore their creativity with risk and playfulness. In between coffee, cake and moments relaxing on yoga mats in the chill out space, our theatre was enthused by performers tech rehearsing.

At 5pm the doors opened to our final event of the day, the Joie De Vivre platform presenting work created by and for older dancers and film-makers. Local companies presenting dance included Bridport based Grace & Growl with their piece *Beside Myself* choreographed by Mariantonia Oliver and Salisbury based Dance Six-0 presenting *Head in my Bag* choreographed by Liz Aggiss. Interweaved with live performance was one of our Listening to Dance podcasts giving a voice to the benefits of dance and well-being and the premier of our silver and gold Joie De Vivre Film winners (see links below). The

buzz that left the auditorium included the quotes, "**eye opening and exciting**" and "**elder power.**"

Next year we hope to build on this event by continuing to challenge perceptions and inspire others to dance whilst celebrating the mature body and mind. Watch this space!

www.pdsw.org.uk/dance-development/dance-for-health/

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