



Bring Smiles to Seniors

See how music and dance can make a difference in the lives of Seniors



SMILES
In Action

By Smiles Foundation

Meet Helen.

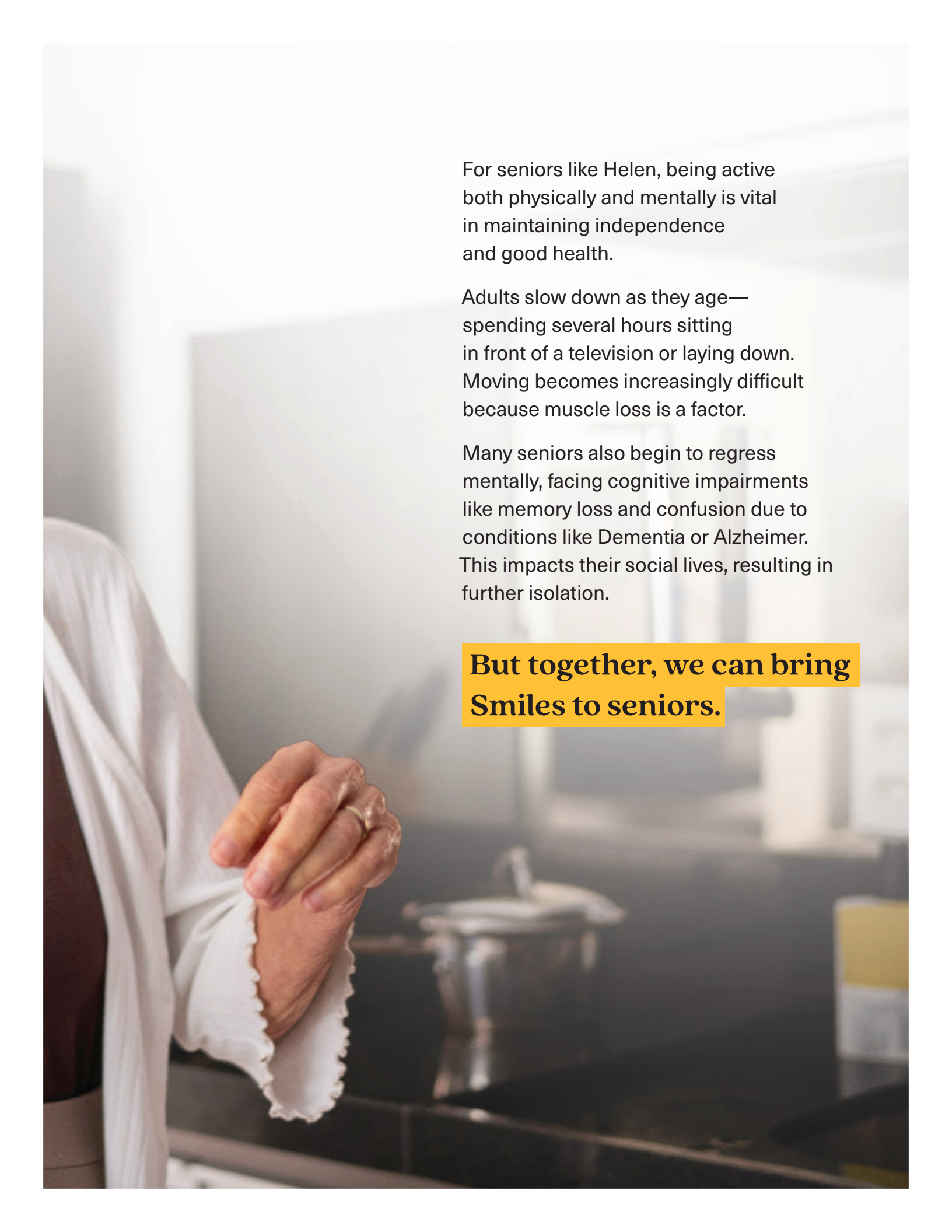
She is 86 years old. She raised two children and looked after her husband for years until he passed away a few years ago. Suddenly she was sad and felt very alone.

**Today she is smiling...
and dancing.**

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A person wearing a white lab coat is holding the hand of an elderly person. The elderly person's hand is wrinkled and has a gold ring on the ring finger. The background is a blurred indoor setting, possibly a kitchen or a care facility, with a sink and a faucet visible.

For seniors like Helen, being active both physically and mentally is vital in maintaining independence and good health.

Adults slow down as they age—spending several hours sitting in front of a television or laying down. Moving becomes increasingly difficult because muscle loss is a factor.

Many seniors also begin to regress mentally, facing cognitive impairments like memory loss and confusion due to conditions like Dementia or Alzheimer. This impacts their social lives, resulting in further isolation.

But together, we can bring Smiles to seniors.

Let's keep seniors rocking

Music and dance are powerful in inspiring movement with lasting benefits—like better physical and mental health, joyful moods and lasting friendships.

Happiness is what “*Smiles in Action*” brings to retirement and long-term care homes, and seniors’ programs of all kinds. It starts with music and brilliant dance instructors—it ends with Smiles.

Tailoring dance programs for all seniors

The classes can be either standing or seated. Each program is specially tailored for all older adults, regardless of their ability physically or mentally. Our dance instructors understand the needs of each individual and adapt the class accordingly.

This approach means everyone participating has fun and reaps the benefits of movement. Music takes people back to remembering good times, rekindling memories of song and dance with loved ones. Those special feelings now get shared with new friends.

“Smiles in Action” can also incorporate social exercises into the class and include an anxiety reduction component, such as meditation and mindfulness techniques that are essential for everyone.



“

Our seniors' group looks forward to dance class every Friday. Afterwards, they are all in such better moods and have so much to talk about.

Alessandra Romano

CHATS (Community and Home Assistance to Seniors), Vaughan



What we offer

Dance Sport

This is our first and most dance-oriented program that is specially designed to be safe, inclusive, age, and ability appropriate. Participants will learn Ballroom and Latin moves that are featured on popular shows like Dancing With the Stars and World of Dance.

Seniors will become more active and socially engaged. Participants will develop a love for music and movement while learning the Cha-cha-cha, Salsa, Tango, Waltz, Bachata and many other fun dances. The class will progress at an upbeat pace, from a seated or standing position, incorporating music from the early 1920s to the modern 2020s.



FitKit

This fitness-focused program contributes to the improvement of overall health. It is a high-quality fitness kit that brings the body to a peak state of sweat and burn. Your participants will feel empowered and highly agile after doing these energy-filled moves.

This program is designed to focus on compound exercises that develop lean muscle mass and respiratory endurance while targeting the upper body, core, lower body and flexibility (a quality typically overlooked). By the end of the program, participants will gain upper body strength, enjoy increased mobility and coordination between all their extremities, and will benefit from sustainable energy throughout the day.

“

Physical activity is essential to maintain our body and mind in an optimal shape. For me, dancing is your emotions in motion. All of us at “*Smiles in Action*” volunteer our time because we are passionate about making movement to music through our dance and fitness programs accessible to everyone.



Elina Katsman
Smiles Foundation
President & Founder

How you will help others

“Smiles in Action” exists to make dance inclusive. When you partner with us, you are helping eliminate barriers. This means that people from all walks of life — regardless of age, gender, socio-economic status, mental or physical abilities — can enjoy the benefits of movement and music.

“Smiles in Action” is a program of Smiles Foundation, a registered charitable organization. All fees and donations collected are used to better the lives of the communities it serves.



Meet the “Smiles in Action” team



Elina Katsman

Smiles Foundation
President & Founder
Health Promotion Specialist &
Retired Dance Athlete
30+ years' experience



**Sarah-Maude
Thibaudeau**

“Smiles in Action” Creative Director
Certified Dance Sport Instructor &
Retired Dance Athlete
15+ years' experience



Maria Shalvarova

“Smiles in Action”
Director of Operations
Dance Specialist &
Retired Athlete
15+ years' experience



Catherine Wong

Smiles Foundation
Director of Special Projects
Project Management &
Amateur Dance Athlete
20+ years' experience



**Deborah
Somarriba**

Smiles Foundation
Administrative Director
Healthcare & Dentistry
Management Professional
10 years' experience



How it works

The “*Smiles in Action*” Program is delivered in person and virtually. When you partner with “*Smiles in Action*,” you will receive:

- Classes ranging from 30 to 60 minutes—modified if there are diverse cultural and physical needs or preference;
- A choice between Dance Sport and FitKit programs or a combination of both;
- Content that is specially tailored to the participants’ needs and abilities;
- Optional mindfulness practice that involves specific movements, self-love and breathing exercises for mental wellness and improvement of overall mood; and
- When applicable, a tax receipt for the charitable portion of the payment will be issued.

Thank you for considering partnering with “Smiles in Action” to bring greater wellness to your community. Let’s promote lasting change by improving physical and emotional well-being through music, movement and dance together.

Be our dance partner

You care about seniors given the nature of your business. *"Smiles in Action"* shares your values in our desire to use our expertise and skills to improve the physical and mental health of older adults.

We've been helping others for more than 30 years through our charitable programs focused on

enriching lives. By choosing *"Smiles in Action"* as your wellness program, you are partnering with an organization that is committed to providing an essential service to the most vulnerable in our society, including seniors, adults, children and underprivileged communities.

**Join us by bringing
Smiles to you.
Let's keep seniors
rocking.**





SMILES In Action

By Smiles Foundation

To learn how we can partner
on improving the physical and
emotional well-being of Seniors
in your care, please contact:

inquiry@smilesinaction.org

smilesinaction.org

"Smiles in Action" is an active living program
by Smiles Foundation under smilesinaction.org

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