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CK's Reach Out dancers were so luCKy to perform for the residents of Legacy Ridge at Brookstone Senior Living community! The dancers enjoyed spreading some joy and sharing their love of dance with the seniors. Their sweet handmade cards and beautiful dances sparked lots of smiles!



REACH OUT SPREADING SMILES & LOVE



MARCH DANCERS OF THE MONTH



RYLEIGH BELL

"Ryleigh has worked so hard in class and I have seen her improve so much this year! She always has a smile on her face and a great attitude. I know she is going to work hard every class and I can always rely on her to be on time, ready to dance, and help me get all our supplies in class."

Ms. Katie

"Ryleigh is such a joy to teach! She has improved so much and it's because she works so hard. Great job Ryleigh!"

Ms. Shelby

MADALYN BACHTEL

"Madalyn is an excellent student. She's always working to improve but she's also courteous and encouraging to other dancers. She takes the time to ask how your day has been before class and never misses the chance to thank her teachers when class ends."

Ms. Shannon

"Madalyn is a member of our Aspire program and assists several dance classes a week. She is a wonderful role model for the younger students to look up to and a great teacher's assistant. She is very dependable and patient with her classes. She is also a beautiful dancer and is a member of DancElite's top group, Diamonds."

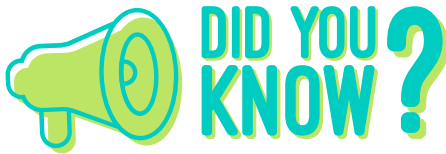
Ms. Kensey



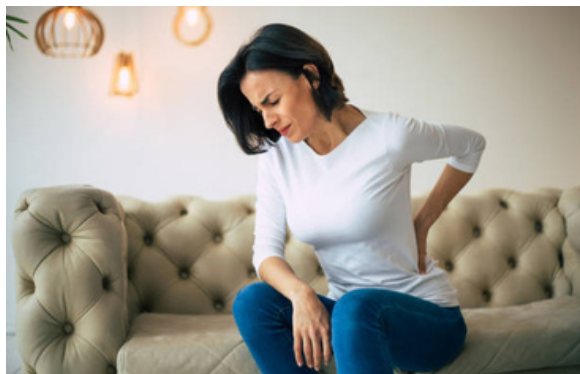
STAFF MEMBER SPOTLIGHT



"Hi everyone, I am Janiya Woods. I am a part of the staff at CK and I also dance here. I began dancing at CK in middle school. This year I will be graduating, and although that is exciting, I am going to miss my CK home. I assist many classes and I enjoy them so much. You have also probably seen me working up front. I have had so much fun throughout my years here at CK. I am so thankful for the lifelong friendships I have made while working and dancing here!"



You can reserve CK's digital marquee sign to help celebrate all of life's special occasions, birthdays, PROMposals, good luck messages, etc.



Do you experience back pain or stiffness? Come take ckYOGA's Better Back/Yin class on Tuesday nights with chiropractor, Dr. Vanessa Gale.

This 90-minute combo class works with individual back care needs on a person-by-person basis to help you live your most pain-free life. In this class, we stretch and strengthen muscles that commonly lead to back issues and pain. This deep stretch class is a great complement to other styles of yoga. Yin yoga emphasizes softness and self-compassion. It is a non-strenuous class that will stimulate parts of your body, such as the joints, tendons, and muscle fascia, not typically affected by more energetic yoga styles. Yin poses are taught seated or prone and held for three to five minutes, focusing on the breath and the inner landscape. This class is open to all levels. Your first class is FREE!



Let's get conneCKted! Use the hashtag #idanceatck

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