

Dance Workshop Sub Committee Meeting Minutes

April 03, 2026

In attendance: Mary Kelley, Bill Small, Lois Smith

The group met to discuss various aspects of a potential dance workshop led by Bowdoinham resident and professional choreographer and dancer Laura Karlin.

A workshop open to adults of all ages and abilities is preferred to one specifically focused on participants with Parkinson's. Laura's workshop, Dancing Through Life, geared toward creative movement for health and happiness, would be the model. Outreach would concentrate on Richmond, Bowdoinham and Bowdoin, although the session would be open to anyone.

Merrymeeting Hall, the Town Hall, or the fire station are possible locations.

There was discussion of a one-time session or an ongoing program. Consensus was that a one-time event would serve as a way to gauge interest in and promote an ongoing program. Ideally, AFB might use its budget to compensate Laura for the initial session, and that a cost would be established later for an ongoing program should there be sufficient interest. Laura should be queried about her fee for a one-time session.

Laura had suggested the need for a 'community champion' to manage logistics, communications, promotion, etc. Hopefully someone from the AFB committee might be interested in this. If not, perhaps the sub committee would continue, with various members assuming responsibility for different tasks and/or delegating to others.

Participants might be found through the following:

- Line Dancing Classes

- Yoga Classes

- Richmond Health Center

AFB luncheon
Review Merrymeeting Hall calendar and contact relevant groups
Bowdoinham News
Bowdoinhammer Email
Facebook

Regarding a date, May would be the earliest, and probably the best, as people scatter in the summer. We should ask Laura for a couple dates in May that she is available, including weekends.

If the initial workshop goes well, we would have time to adequately prepare for the ongoing program to begin in September. It is important to plan early to have the opportunity to take advantage of all promotional opportunities.