



STRENGTHENING LIVES
THROUGH DANCE AND MUSIC

THE HOME OF

**Tami D's
Solid Gold
Soul Line Dancers**

DECEMBER 2020

END OF THE YEAR THANKS!

The end of the year is here, and this is the time not only do we celebrate the Holidays, but it's the time when we want to thank YOU, our supporters for your generous contributions and donations throughout the year.



The last 9 months took us by surprise by throwing a viral wrench in our social activity plans, but we will be fully prepared to serve our Seniors with online Dancercise (Dance + exercise) Body Toning and Soul Line dance classes in 2021 with your support.

Hundreds of Thousands of

Seniors are secluded in their homes due to the pandemic "Stay at home order". Depression, isolation & immobility are all a possibility if seniors don't have an alternative. Many Seniors are retired and live with their aging spouses, some are helping to raise their grandchildren and others live alone. We know that the need is great to continue to live a productive life, so we are providing a vehicle for elders to keep their bodies and minds active with our Online Dance & Music program that reaches across the USA, and as far as the Caribbean & the UK.



We also offer nutritional information and delicious recipes to help keep our members healthy.

Why do Seniors need a Dance & Music program?

Because *"Music is the healing force of the world"* It can transport us back to a special place and time & help us remember the good ole days. When we're feeling blue, we can simply *"Dance till we feel better"*.



See how **POWERFUL** music and dance can be...



Meet Marsha Robinson – Retired officer from Department of Corrections

(69 yrs young)

"I was unable to do the simplest things that most people take for granted. I had sleepless nights, I couldn't lift my feet to clean them in the shower. I wouldn't take a bath unless someone was home in case I was unable get out of the bath tub. I couldn't sweep, mop or vacuum on the same day without horrible back pain.

I couldn't walk up a flight of stairs without using the rails or stopping at each landing. I would limit my food shopping because I was unable to push a full cart or carry groceries without assistance. My life seemed limited.

Since my involvement with "Move & Groove For Health" my quality of life has improved along with my health. I live alone now and I can do everything normally again. My recent blood tests are ALL within normal range again Woo Hoo! I'm excited about my future."





During this Holiday season, we are grateful for your financial partnership. As we move into the new year, we look forward to our continued partnership with you, whether through financial contributions or incentive product donations. All gifts are greatly appreciated and graciously received.

We all know that “It is more Blessed to give than to receive,” but we know that you will receive a feeling of great satisfaction in knowing that you have helped a Senior citizen stay healthy, fit and active.

As you Celebrate the Holidays, please, support our end of the year campaign with an annual gift of \$100 or more or a recurring monthly gift of any amount.

You can choose from 6 ways to give a tax-deductible donation.

1. (Website) MoveandGroove4Health.org/support-us
2. (Cashapp.com) \$MoveandGroove
3. (Paypal) Tamid@moveandgroove4health.org
4. (Zelle) 951-337-3559
5. (Venmo) @moveandgroove-forhealth
6. (Personal checks) to Move & Groove
27110 Oak Ridge Dr. Moreno Valley 92555.

AND if you shop on Amazon, please go to Smile.amazon.com then choose Move & Groove for Health as your charity of choice and a small % of your orders will go to support us.

Finally, as you donate to Move & Groove please ask your family & friends to join you with a generous donation to help in our work to create healthier Seniors.



Have a Blessed Holiday and a Safe & Prosperous New Year.



Clay & Tami Drayton - Move & Groove for Health Directors



Phyllis, Sheryl, Teresa, Debbie, Therese, Rhea, Robert, Cynthia, Frances, Kevin, Sandra, Sandee, Pam, Augustus, Marsha, Lillie, Valerie, Vilma, Cecilia, Denise, Shirley, Joy, Susan, Pat, Marcia

"Ain't no Stopping Us Now...."

"We're on the Move, We've got the Groove"

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