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Dancing your way to the Senior Olympics



Bea Victor
For the Staten Island Advance

Looking from my window at Clove Lakes Park, there is no question that "spring is breaking out all over!"

The fresh green leaves and the beautiful pink and white blossoms dot the landscape; the park is constantly filled with young and older folks, walking, running, riding, giving those muscles a chance to shake off the winter stiffness.

I hope that all of you who are planning to enter the Beatrice Victor Senior Olympics (BVSO) in the fall have been getting out walking, running, tossing the basketball around, practising the putting on the green.

But maybe these activities do not hold an

appeal for you! Perhaps you enjoy ballroom dancing instead. You never thought of that as a BVSO activity?

Well, it is! Two 15-year, experienced ballroom dance instructors, Margaret Barranco Cavuto and Paulette Hughes, who share a love of the art, were kind enough to introduce this activity to the games in 2015. It was met with great enthusiasm by those who also shared the art and those who would like to.

By the way, Margaret and her husband Mario, who is a member of the event committee, are members of the Staten Island Ballroom Club, where they host ballroom dances regularly at the Old Bermuda Inn and the Crystal Room.

Paulette has been taking lessons at various studios including Fred Astaire and, currently, M & J Ballroom. She also teaches basic swing and Latin dances at Rhythm Central

Dance Studio. Both Margaret and Paulette bring their experience and love of dance to this event.

How about you? Yes, you! You never thought of signing up? Don't have a partner? No guarantee, but if you do decide to do so, they will try to accommodate you.

For Your Information: The Second Annual BVSO Ballroom Dance Competition

When and Where: Sunday, Sept. 25, 2016, North Gym, Broadway YMCA

What dances: 5 competitive dances are: hustle, salsa, waltz, foxtrot and tango

Other Details: When you register, they will provide you with a CD of the selections of each dance so that you and your partner can practice

Practice sessions: You will be welcome to their guided practice sessions, Sunday evenings from 7 to 8 p.m. after Labor Day at the

North Gym.

ALSO OF NOTE

Due to the popularity of the BVSO swimming event, it is being moved to the South Shore YMCA to accommodate more swimmers. Don't miss it! For more information, go to www.beatricevictorseniorolympics.com.

Thanks to Lisa Gessert, BVSO now has a lovely new website. Check it out!

ANOTHER PROGRAM

Be sure to mark your calendar if you want to get to the Jewish Community Center, 1466 Manor Road, on June 5 (10 a.m. to 2 p.m.), to sign up for those wonderful SrNet Computer Class offerings for the summer. Classes only for those 50+. For more information call 718-475-5200 ext. 1182, or go to the website www.seniornetsi.org.