

# Moving the Moment

**NEW DATE**  
Starting September 15, 2026

## ***A Creative Dance Class for Everyone!***

*Moving the Moment* classes are designed to relieve physical tension and increase balance, coordination, and flexibility through creative movement in a supportive setting.

**Tuesdays**

**10:30am - 11:30am - \$5**  
**Cape Henlopen Senior Center**  
**11 Christian St., Rehoboth**  
**302-227-2055**

***Join Us!***

Janaea Rose Lyn is a professional dance artist and educator, and is the author of *Choreographing Your Dance Career*.

She brings her passion for the transformative power of dance to participants of all ages and abilities.

[www.janaearoselyn.com](http://www.janaearoselyn.com)

