



A relaxed dance-a-thon benefitting San Francisco Adult Day Services Network

Adult Day Services are community-based healthcare programs for low income seniors and younger disabled adults enabling them to continue living independently in the community. Adult Day Services helps in lowering risk of falls, reducing emergency and hospital visits, counteracting depression and delaying/preventing the isolation of institutional care. The member centers annually serves 2,500-3,000 participants; of which 70% are 70+ years. Caregivers are provided education and support and critical respite from the stress of caregiving, emotionally and financially. The Network also initiates a leadership role in healthcare advocacy and outreach.



Sunday, October 25, 2009
Historic Hotel Whitcomb
1231 Market Street
San Francisco

**Thank you to all
for your support!**

Meet Our Performers!!!!



1:00 – Murphy Irish Dancers Mary Jo Murphy-Feeney founded the Murphy Irish Dancers in 1963, which currently counts 200 actively performing and competitive dancers in San Francisco and the Peninsula. Her daughter, Patricia Feeney-Conefrey, continues the family tradition from beginner students to high-level champions. Mary Jo sees the learning and performing of Irish Dance as a way for young people to connect to a rich tradition while building lasting friendships. Both Mary Jo and Tricia aim to develop self confidence, self esteem and keep up Irish culture while having fun! Many of their students have become regional and national champions, have performed for Irish

Presidents and other dignitaries from around the world and were chosen to perform for Pope John Paul II during his visit to San Francisco. All of the school's teachers have earned the coveted TCRG certification from An Coimisiun Ia Rinci Gaelacha (the Irish dancing commission), Dublin, Ireland. More information about the Murphy Irish Dancers, please email murphydancers@aol.com. Today's featured dancers are: Sarah Carroll, Debbie Gerughty, Sharon Rafferty, Christopher Donnelly.



2:00 – Raul Ante & Becky Magnuson – Hustle Raul has been dancing Hustle for 25 years and is President of the Hustle Dance Club. He currently teaches classes at the Cheryl Burke Dance – Mountain View, Premiere Ballroom – Fremont and CPAA Arts Center – San Jose. He has performed exhibitions, judged and DJ at a variety of national hustle competitions such as Fresno Dance Classic Disco America, Hustle USA, Grand Pacific Championship, Miami International Hustle and Salsa.

Amateur partner, Becky, started dancing in 2000 and was a former member of Sacramento's premiere performing salsa dance team, Salsa Capital. She then explored other dance styles and competed for 2 years in International Latin studying with David Stewart and Grace Kato. Upon discovering hustle dancing, she switched gears and is now actively competing in hustle, reviving her salsa and pursuing west coast swing.



3:00 – Ninja Cheerleading Ninja Cheerleading is about teaching kids to be leaders, Cheerleaders! Our curriculum is an empowered vehicle for leadership, dance, fitness, confidence, gymnastics, teamwork, community service, and performance skills for kids age 5 and up. Located at K-One Fitness, 2001 Van Ness Ave., San Francisco. Sessions include weekly practices, community performances, and a Super Skills Showcase for parents and friends! For more information, go to: www.heroix4kids.com. Director: Alexis Craig

Representing
St. Mary's
Adult Day
Health Care Center
(a Network member agency)

4:00 – Cowboy Dance & Waltzing Around
Dancers: Peng Yau Guang, Hai Tao Rao, David Tan, Jun Tan

4:15 – Traditional Chinese Dance
'Returning to Maternal Home for Visit'
Dancer: Jun Tan



5:00 – Lynne Jassem - Tap

Lynne, a native New Yorker, broke into show business at the age of ten on the Perry Como Show. She has toured internationally with the Clause Kipnis Mime Theatre, playing the White House, Arthur Fiedler and the Boston Pops on PBS, Lincoln Center and the Kennedy Center. Lynne formed the Manhattan Mime Theatre and toured the Tri-State area. Ms. Jassem was one of the five founding members of the American Tap Dance Orchestra, directed by Brenda Bufalino. They have performed internationally, including a PBS special with Gregory Hines called "Tap" and at Lincoln Center and the Cotton Club. She has danced with Tommy Tunes, Sandman Simms and Jimmy Slyde. Lynne has performed her one woman show "Billy," all over the United States and during several tours of Germany. San Francisco is her home now, where she sells real estate and has founded and directs the Step Fire Dance Company. Lynne is currently working on her new multi-media show "Take This House, Please." She teaches classes at the Allegro Ballroom – Emeryville and ODC Theatre – San Francisco. Her real estate blog is Thatjassemwoman.com.

You don't stop dancing because you get old. You get old because you stop dancing!