



by John Bambach
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My big brother is the family musicologist. Under his influence the soundtrack of our house was infused with ragtime, cool jazz, musical theater and, of particular note (if you will), the big band sounds. The Dorseys, Glenn Miller, Count Basie, Duke Ellington – the music of our parents and grandparents – are familiar to us all. Swing is the background of every movie placed in that era. Swing dance was practiced in places as diverse as The Cotton Club and the local Armory. Fast-forward to...

Live Well

C O R N W E L L

...which has grown into a single programmatic umbrella, where spiritual, intellectual, relational, environmental and physical elements are integrated.

Some of this involves music. Many of our group exercise classes use music as part of their process – movement and mindset inspired by contemplative aural tapestries or driving rhythms. It's an integral element.

Swing dance is pretty energetic, itself, running between 130-140 beats-per-minute. For reference, the related stylings of Shag are more like 100 bpm. Swing is also commonly danced without beer.

“It don't mean a thing...”

...if it ain't something that attracts people. In the case of Swing dance, that's lots of people. It remains a cross-generational, culturally diverse form. Those that follow the muse among current dance venues in Charlotte include singles, couples, empty nesters and pre-nesters, multi-ethnic dancers and newbies, all gathered for the music, social activity, entertainment and... well... the exercise. Quite a mix. Integrated.

“Shall We Dance?”

GottaSwingCharlotte is an organization that specializes in Swing Dance events. They're bringing one here and we hope it's the first of many. The \$12 door (\$10 for Cornwell members) includes snacks and lessons for beginners. We're also hoping to offer child care. For updates on this, watch our web site, www.cornwellcenter.org

SWING DANCE / Live Band Cornwell Gym and Commons

Feb.24, (4th Friday)

7:30-8:30pm – *Beginners Lessons*

8:30-11:30pm – *DANCE*

We hope for this event to be the first of many, so come on out.

This group also brings us a new series of dance classes, including:

- **Dance – Beginning SWING**
w/Denise Polsgrove and Rick Kipe
Feb.7–Mar.27, 8-9p (8 Tue's)
- **Dance – Intermediate SWING**
w/Chi Chinaka and Zoe Whittaker
Feb.7–Mar.27, 7-8p (8 Tue's)

REGISTRATION and more info at...
www.GottaSwingCharlotte.com

ART and Design

The thought of Living Well has never strayed too far from the arts. In the area of visual art and design, we've got several things cooking in February, including Kelly Sanford's monthly...

- **Oil Painting Fundamentals – Contemporary Impressionism**
February class times include:
10a–12:30p (Tues or Thurs sessions)
1:30–4p (Tuesdays)

KidzArt, the international drawing-based program where children learn to "see" like artists and draw what they see, brings us...

- **After School Art Classes**
Jan.31–May.22, 5–6pm (Tue's)
Feb.2–May.24, 5–6pm (Thur's)

Landscape architect, Kevin Brickman, whose open January seminars were very well received, is now offering a course to help you design your landscape. As in his seminars, he teaches a unified approach and you'll leave with a plan that's sustainable for both you and the environment.

- **Landscape Design I**
Feb.2–23, 6:30–8:30p (4 Thurs)

Other activity on the Arts front includes the **Annual Photo Exhibit** of our Photo Interest Group. It's to hang in the Cornwell Gallery (in the Roswell hallway), from mid-February through March.

Learning Center

Brisa Hernandez is a research coordinator with The Department of Family Medicine at Carolina Medical. She and lead researcher Thad Dixon have pulled together Crossroads Charlotte and others in developing the **Mecklenburg Access Portal**, or "The MAP," an online community resource guide. We're partnering with them in some training for participating community organizations, piloting now.

Another cooperative venture is underway with the Knight School of Communications at Queens University of Charlotte. Students and faculty of that program will be working here with church members in a session on Digital Literacy as part of a grant they've got for community education. With Facebook becoming an ongoing part of community life here we were glad for their help in making social media more accessible to newcomers. This first 2-hour **Social Media Workshop**, on February 16th, filled quickly but watch for something similar in March, tentatively on the 13th and 20th, around 6pm.

About that **Photo** group I mentioned above? You can be part of it, or any of three open groups that meet and learn here with the help of our digital technology. The **Audio/Video** group works at learning more about digital media technologies. Ted Lucas' **Genealogy** is for those who are involved in the time-travel of family history. All are monthly, free and open.

- Audio/Video - 2nd Wed's, 7–8:30p
- Genealogy - 3rd Mon's, 6:30–8p
- Photography - 3rd Wed's, 7–9p

Parents' Morning Out

Mon-Fri, three sessions available, scheduled monthly:

8a–12p, 8:30a–12:30p, 9a–1p

These are each month-long sessions. For details, contact Regina Kirkpatrick.

