

UNITED WE DANCE ITINERARY

Thursday, June 3, 2010

3:00 PM HOTEL CHECK-IN (Front Desk, 2nd Floor)

3:00 – 8:00 PM REUNION REGISTRATION (Gold Coat Check, 3rd Floor):

Be sure to check-in to receive your registration packet and T-shirt. You will NOT be able to enter any events or workshops until you have registered. Bring your ID for registration. If you arrive after 8PM, please call the phone number posted at the registration desk and your packet will be provided to you. Put your wristband and neck pouch on; they will be required for the entire weekend.

5:00 – 7:00 PM EARLY BIRD SPECIAL - HUSTLE / LINE DANCE WORKSHOPS

A special treat for those Early Bird arrivals!! Join Georgia and Angie to get a jumpstart on the weekend, and learn some of the latest hustles.

Early Bird Workshop Schedule

AMBASSADOR ROOM (2 nd floor)			
Time	Instructor	Dance Type	Group Location
5:00-7:00 PM	Angie Williams **	Hustle/ Line Dance	Cleveland, OH
GOLD ROOM (3 rd floor)			
Time	Instructor	Dance Type	Group Location
5:00-7:00 PM	Georgia Miller **	Hustle/ Line Dance	Lansing, MI
** denotes Instructor is a member of United We Dance			

7:00 – 8:45 PM DINNER BREAK

Dinner is on your own. See the restaurant list in your registration bag.

9:00 – 11:30 PM JAZZ AND POETRY HAPPY HOUR (Gold Room, 3rd floor):

This is an enjoyable evening of live jazz, featuring Cleveland's premier jazz band, *FORECAST*. Cash bar available. Calling all poets!! Grab the mic and share your talents with us between sets. No need to dress up. Just come as you are, relax, and unwind! **Ticket, wristband, and neck pouch required.**

11:30 – 2:30 AM WELCOME TO CLEVELAND PARTY (Gold Room, 3rd floor):

Immediately following the conclusion of the Jazz Night, DJ Chocolate Shake will play your favorite tunes, and will play the dances that you learned in the workshops earlier this evening.

2:30 AM GO TO BED!

Seriously, get in the bed! Rest up... you will need your energy tomorrow!! ☺

UNITED WE DANCE ITINERARY

Friday, June 4, 2010

Rise and shine!! Let's focus on our health & fitness. It's time to get our workout on!

8:00 – 11:45 AM HEALTH & FITNESS PROGRAM: Various health & fitness classes, programs and activities are offered for a focus on your health. **(See health & fitness schedule.)** Put on your workout clothes and tennis shoes and come join the fun! **PLEASE WEAR YOUR NECK POUCH AND WRISTBAND FOR ADMISSION.** The schedule of activities is included in a separate handout, for your convenience, so that you may slip it into your pocket or your neck pouch to help you navigate through the classes.

Description of health & fitness classes and activities:

- **MALL WALKING:** Meet at fountain in hotel lobby; walk over to Tower City together and walk a lap on each level. This is an excellent, non-strenuous activity that appeals to walkers of all ages. While the mall stores are not yet open, several restaurants will be open, in case you'd like to grab some coffee or breakfast after your walk. [Low impact]
- **AQUA AEROBICS:** Slip into your bathing suit; meet at pool on the 5th floor. Don't worry ladies, your hair stays dry! ☺ This is great exercise, especially if you have joint trouble, as the water acts as a shock-absorber and "magically" allows you to perform moves that you may not be able to do on land. [Low impact]
- **HIP HOP WORKOUT:** Upbeat cardio workout done to some of your favorite music. What a fun way to sweat! [Mid impact]
- **QI GONG:** Pronounced "chee kung", this is a Chinese practice of using slow, graceful movement + controlled breathing to enhance your overall health. You will learn some basic movements and some healing breathing sounds that will help you. This is new to many of us, but over 200 million people worldwide practice Qi Gong. [Low impact]
- **TOTAL BODY WORKOUT:** The instructor will begin with low-impact stretches and exercises, and then move into more mid-impact kick-boxing exercises. Bring an exercise mat, or a towel, for the floor exercises.
- **ZUMBA:** Interval training sessions with fast and slow rhythms and resistance training, intended to tone and sculpt the body while burning fat. [Mid impact]
- **IRIDOLOGY:** You do not want to miss this informative presentation about your eyes and your health. The iris is the portion of the eye showing color. Iridology is the scientific analysis of patterns and structures in the iris of the eye which locates areas and stages of inflammation throughout the body. The full-body, digital scan is painless, and you walk away with a detailed report that you can take home to discuss with your doctor. Prizes will be awarded.

Friday Health & Fitness Schedule

TOWER CITY (meet in hotel lobby on 2nd floor)			
Time	Instructor	Workshop	Location
8:00-8:55 AM	Iverson Mall Walkers	Mall Walking	Maryland
POOL (5th floor)			
Time	Instructor	Workshop	Location
8:00-8:55 AM	Lovonia Chatman	Aqua Aerobics	Detroit, MI
AMBASSADOR ROOM (2nd floor)			
Time	Instructor	Workshop	Location
9:00-9:55 AM	Raqhita Williams	Qi Gong	Cleveland, OH
GOLD ROOM (3rd floor)			
Time	Instructor	Workshop	Location
9:00-9:55 AM	Michael C.	Hip Hop Workout	Cleveland, OH
10:00-10:55 AM	Carolyn Patterson	Zumba	Atlanta, GA
11:00-11:55 AM	Seth Houston	Iridology	Cleveland, OH
GRAND BALLROOM (3rd floor)			
Time	Instructor	Workshop	Location
10:00-10:55 AM	Lovonia Chatman	Total Body Workout	Detroit, MI
11:55AM-1:55PM	<i>LUNCH BREAK</i> (Lunch is on your own.)		

WHITEHALL ROOM (3rd floor)	
Time	Program
10:00AM-3:00 PM	Health Fair & Blood Drive

9:00 AM – 10:00 PM REUNION REGISTRATION (Gold Coat Check, 3rd Floor):

Be sure to check-in to receive your registration packet and T-shirt. You will NOT be able to enter any events or workshops until you have registered. Bring your ID for registration. Put your wristband on; it will be required for the entire weekend.

10:00 AM – 3:00 PM HEALTH FAIR & BLOOD DRIVE (Whitehall Room, 3rd Floor):

Visit the first United We Dance Health Fair!! As we focus on health & fitness, we have medical professionals who will conduct free blood pressure checks, glucose screenings, and cholesterol screenings, as well as provide information about health issues affecting our community. The American Red Cross will also be here conducting our Blood Drive. Won't you give the gift of life to someone in need? All who participate in the Health Fair (get a screening, give blood, get tested, etc.) will be entered into a special drawing for great prizes, so be sure to come in.

2:00 – 4:55 PM DANCE WORKSHOPS: Various dance workshops. Grab your dancing shoes and pick whichever classes you like. PLEASE WEAR YOUR **NECK POUCH AND WRISTBAND FOR ADMISSION. (See workshop schedule below.)** The schedule of workshops is included in a separate handout, for your convenience, so that you may slip it into your pocket or your neck pouch to help you navigate through the classes.

Friday Workshop Schedule

AMBASSADOR ROOM (2nd floor)			
Time	Instructor	Dance Type	Group Location
2:00-2:55 PM	Valley Hollins	Gospel Workshop	Milwaukee, WI
3:00-3:55 PM	Ray 2 Cool	Hustle/ Line Dance	Oakland, CA
4:00-4:55 PM	Pam Douglas **	Hustle/ Line Dance	Toledo, OH
GRAND BALLROOM (3rd floor)			
Time	Instructor	Dance Type	Group Location
2:00-2:55 PM	Brenda Simpson	Hustle/ Line Dance	Cleveland, OH
3:00-3:55 PM	Bernadette Burnett	Hustle/ Line Dance	Philadelphia, PA
4:00-4:55 PM	Louis Jenkins **	Hustle/ Line Dance	Pontiac, MI
GOLD ROOM (3rd floor)			
Time	Instructor	Dance Type	Group Location
2:00-2:55 PM	Rell Burks-Murphy	Hustle/ Line Dance	Chicago, IL
3:00-3:55 PM	Reuben Collier **	Ballroom	Detroit, MI
** denotes Instructor is a member of United We Dance			

4:00 – 8:00 PM SPA U.W.D. (Whitehall Room, 3rd Floor):

So, have you had a good workout so far? Would a relaxing massage loosen up those kinks and relax your body? Are you ready to be pampered? Stop by our “Spa” and enjoy a *complimentary* chair massage, or go all out with a full-body massage (available for a fee). Licensed professionals will provide the services. While most of these services are free of charge, tips for the professionals are accepted and would be greatly appreciated.

4:00 – 9:00 PM HOSPITALITY SUITE (Gold Room, 3rd Floor):

This is our Happy Hour Mix & Mingle. We provide a fun and informal setting for all guests. Stop in, unwind, and meet reunion guests from all over the country.

PLEASE WEAR YOUR NECK POUCH AND YOUR WRISTBAND FOR ADMISSION.

- **4:00 – 8:30 PM CLUB KARAOKE:** How about a little music? Don't be bashful. Grab the microphone and show off your vocal skills! It's Karaoke Night... UWD-style!
- **5:30 – 6:00 PM MEET THE AUTHOR:** Join United We Dance as our book club welcomes Carmen K. Glenn, author of *Ambition* and *Overdrive*. Ms. Glenn is a returning author and will discuss her current novel, *Office Gossip* and her upcoming release, *Glass Houses*. Books will be available for purchase and Ms. Glenn will do a book signing following the review. Books make a wonderful gift – visit Carmen to pick up your books.
- **5:30 – 8:30 PM FUN & GAMES:** What's your flavor? Bid Whist? Spades? Poker? Gin Rummy? Tonk? Dominoes? Chess? Checkers? Bring your partner, or find one when you get here... we'll supply the cards and the game boards for your enjoyment.

9:00 PM – 2:00 AM FRIDAY NIGHT JAM! (Grand Ballroom and Gold Room, 3rd Floor):

Join us for a fun-filled, “let's-get-this-party-started” night of dancing. A cash bar is available to quench your thirst. We provide not one, but **TWO DJ's** to satisfy your dance requests. The Grand Ballroom will focus primarily on line dances and hustles. The Gold Room will concentrate more on the dances requiring a partner – Ballroom, Stepping, Bop, Salsa, Hand Dance, etc. You may move freely between rooms, enjoying DJ Dollar Bill and DJ Detroit Dan all night! **YOU MUST WEAR YOUR NECK POUCH AND YOUR WRISTBAND FOR ADMISSION.**

2:01 AM – Until AFTER-PARTY, Part 1 (Gold Room, 3rd Floor):

Not tired yet? Just can't get enough? Slip on your comfortable shoes, house slippers, or footies and join us for the after-party set. DJ Chocolate Shake will keep you on the dance floor. We'll share dances, talk, laugh, and hang out until you just can't hold your eyes open any longer! ☺

UNITED WE DANCE ITINERARY

Saturday, June 5, 2010

10:00 AM - 5:00 PM REUNION REGISTRATION (Gold Coat Check, 3rd Floor):

Be sure to check-in to receive your registration packet and T-shirt. You will NOT be able to enter any events or workshops until you have registered. Bring your ID for registration. Put your wristband on; it will be required for the entire weekend.

11:00 AM – 4:00 PM DANCE WORKSHOPS - PLEASE WEAR YOUR NECK POUCH AND WRISTBAND FOR ADMISSION. Bring your dancing shoes! You have your choice of the workshops that most interest you. You may break at any time for lunch. There are several restaurants available on site, and in the adjacent Tower City Mall food court. Lunch is on your own. We value your input, so please be sure to complete a workshop feedback form after each class. **(See workshop schedule)** The schedule of workshops is included in a separate handout, for your convenience, so that you may slip it into your pocket or your neck pouch to help you navigate through the classes.

* Please note: Some workshop instructors will have instructional videos/ DVD's available at the conclusion of their specific workshop.

Saturday Partner Dance Workshop Schedule

GRAND BALLROOM A (3rd floor)			
Time	Instructor	Dance Type	Group Location
11:00-11:55 AM	Audrey & June Donaldson	Philly Bop	Philadelphia, PA
12:00-12:55 PM	Mr. Smooth **	Beginner Ballroom	Inkster, MI
1:00-1:55 PM	New Era Ballroom Dancers **	Intermediate Ballroom	Cleveland, OH
2:00-2:55 PM	Upscale Dance Productions	Advanced Ballroom	Detroit, MI
3:00-3:55 PM	Noah Amos	Greystone	Detroit, MI
GRAND BALLROOM B (3rd floor)			
Time	Instructor	Dance Type	Group Location
11:00-11:55 AM	Ballroom Jack **	Detroit Bop	Detroit, MI
12:00-12:55 PM	Demetrius Jones	Latin Hustle	Detroit, MI
1:00-1:55 PM	Barbara Johnson	Hand Dance	Baltimore, MD
2:00-2:55 PM	Steady Steppers **	Beginner Chicago Stepping	Detroit, MI
3:00-3:55 PM	Steady Steppers **	Intermediate/ Advanced Chicago Stepping	Detroit, MI
** denotes Instructor is a member of United We Dance			

Saturday Line Dance / Hustle Workshop Schedule

AMBASSADOR ROOM (2nd floor)			
Time	Instructor	Class Type	Group Location
11:00-11:55 AM	Darlene Stewart	Seniors Line Dance	Detroit, MI
12:00-12:55 PM	Joan Harris	Seniors Line Dance	Buffalo, NY
1:00-1:55 PM	Christopher Page	Gospel Workshop	Baltimore, MD
2:00-2:55 PM	Rochelle Walker	Line Dance/ Hustle	St. Louis, MO
3:00-3:55 PM	De Barker	Line Dance/ Hustle	Kansas City, MO
GOLD ROOM (3rd floor)			
Time	Instructor	Dance Type	Group Location
11:00-11:55 AM	Derek Ballou	Line Dance/ Hustle	Merchantville, NJ
12:00-12:55 PM	Leatha Fulgham	Line Dance/ Hustle	Atlanta, GA
1:00-1:55 PM	Angie Williams **	Line Dance/ Hustle	Cleveland, OH
2:00-2:55 PM	Jamie Gant	Line Dance/ Hustle	Miami, FL
3:00-3:55 PM	Ramona Pam	Line Dance/ Hustle	Oakland, CA
EXHIBIT HALL (3rd floor) [behind Grand Ballroom]			
Time	Instructor	Dance Type	Group Location
11:00-11:55 AM	Louisville Slyde **	Line Dance/ Hustle	Louisville, KY
12:00-12:55 PM	Tammy Bell	Line Dance/ Hustle	Detroit, MI
1:00-1:55 PM	Common Ground **	Line Dance/ Hustle	Indianapolis, IN
2:00-2:55 PM	Rakim Muhammad	Line Dance/ Hustle	Chicago, IL
3:00-3:55 PM	Kenny J	Line Dance/ Hustle	New Jersey / Philadelphia
** denotes Instructor is a member of United We Dance			

4:00 – 7:00 PM FREE TIME

Please enjoy this time on your own, as our hotel staff and Decoration Committee work to prepare the ballroom for dinner. You may choose to venture next door to Tower City Mall (which includes shopping, food court and movie theater), walk to the Rock & Roll Hall of Fame, do some sightseeing, or simply relax and get dressed for dinner.

4:30 – 6:00 PM UNITED WE DANCE PRESIDENTS' MEETING (Stouffer Board Room, 4th Floor):

United We Dance Presidents ONLY.

7:00 PM REUNION BANQUET (Grand Ballroom, 3rd Floor):

Doors open. Seating for dinner has been assigned in advance. Please be sure to bring your **TICKET** with you and **WEAR YOUR NECK POUCH & WRISTBAND**.

7:15 PM – 2:00 AM REUNION BANQUET AND DANCE (Grand Ballroom, 3rd Floor):

YOU MUST WEAR YOUR NECK POUCH AND WRISTBAND AND BRING YOUR TICKET FOR ADMISSION. Dinner attire: your choice (you know how we love to dance!!) After dinner, the Entertainment Committee will host the Dance Showcase Exhibition. A Cash Bar will be available for all of your refreshment needs. Following the program, we again have **TWO DJ's** to satisfy your dance requests. The **Grand Ballroom** will focus primarily on line dances and hustles. The **Gold Room** will concentrate more on the dances requiring a partner – Ballroom, Stepping, Bop, Salsa, Hand Dance, etc. You may move freely between rooms, enjoying DJ Dollar Bill and DJ Detroit Dan all night!

2:01 AM – Until AFTER-PARTY, Part 2 (Gold Room, 3rd Floor):

Slip on your comfortable clothes and join DJ Chocolate Shake as we keep this party going! We'll review some of the steps and dances that you learned during the workshops, and share dances that you may have seen during the party. Practice your ballroom, line dance or stepping moves. Surround yourself with friends, fun, and fellowship until the sun comes up or you pass out... whichever comes first! ☺

UNITED WE DANCE ITINERARY

Sunday, June 6, 2010

10:45 AM PRAYER SERVICE (Ambassador Room, 2nd Floor):

We have enjoyed a wonderful weekend together, full of learning, dancing, playing, partying and being pampered! Before we depart, we will take a few minutes out for prayer, praise, and worship.

12:00 PM CHECK OUT TIME! TRAVEL SAFELY!! MARK YOUR CALENDARS FOR JUNE 2-5, 2011!!

Thank you for your support of this, our 9th annual reunion. We sincerely hope that you have enjoyed yourself. Your presence and participation has made this weekend very special to us. We always enjoy the fellowship and the camaraderie whenever we all get together. We appreciate you more than you can ever know! We look forward to you joining us in June 2011 to celebrate our 10th anniversary and reunion!!

Keep the dance alive! Until our paths cross again... Peace, Love, and UNITY!!

*Your brothers and sisters in dance,
United We Dance*