

NOVEMBER 2022





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November Calendar

We've launched our fall season here at ADC, but it's not too late to start dancing with us! If you have questions or need help registering, call the office or reach out directly to one of our faculty via email. For a full list of

classes and offerings, check our website at
www.atlantadancecentral.com/fall-spring/

What's Going On? NOVEMBER 1-30

Core/Introductory Students

November 5-6: ARTistry Convention
November 14: Labor Day Makeup Classes
November 14-18: Once Upon a Holiday Show Week
November 19-20: Once Upon a Holiday
Performance (Core Students Age 6+)
November 21-24: Thanksgiving Break No Classes

ART Company

November 5-6: ARTistry Convention
November 14: Labor Day Makeup Classes
November 14-20: Once Upon a Holiday Show Week
November 21-24: Thanksgiving Break No Classes



What's Next? MORE INFO TO COME

Core/Introductory Students

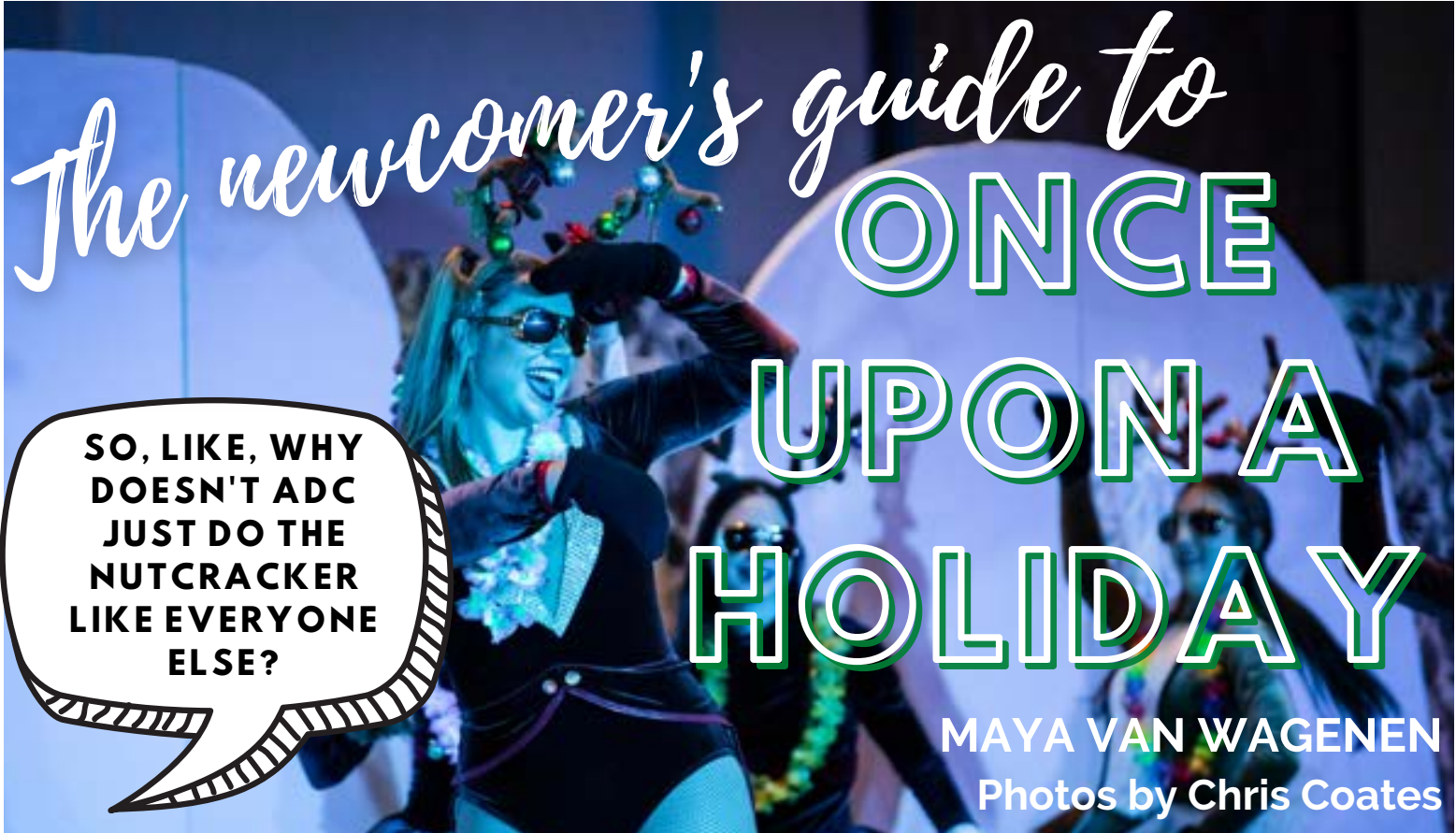
December 2: Scholarship Social
December 4: Sugar Plum Showcase (Ages 3-5)
December 17: Last Day of Classes 2022
April 3-9; Spring Break (No Classes)
May 22-28: Recital at Roswell Cultural Arts
Center (End of Classes)

ART Company

December 2: Scholarship Social
December 17: Last Day of Classes 2022
January 30 and 31: ART Gala
April 3-9; Spring Break (No Classes)
April 17-21: ART Exhibition
May 22-28 Recital at Roswell Cultural Arts
Center (End of Classes)

Not sure if your child is in ART Company? ART is an audition-only intensive dance group for ages 5+. All ART students received an acceptance email on June 1st and were specifically notified of their placement. They received a handbook and signed a contract with their parents committing to the additional responsibilities. If you did not do this, your child is in our Core/Introductory Program. Students not in ART do not need to worry about ART rehearsals and events.





as a studio,

Atlanta Dance Central values traditions. Some of these traditions started out fully formed and intentional, while others came about entirely by accident. Once Upon a Holiday is a little of both. Part nostalgic musical review, part high-energy-fever-dream, ADC's winter show is entirely unique. And--I feel at least--it is best enjoyed with a bit of context.



Once Upon a Holiday didn't start out affiliated with Atlanta Dance Central. In fact, the show predates the studio by two years. But they both come from the same source. Before Charlotte Foster-Williamson founded ADC, she started a contemporary dance company. The goal of Sideways was to make dance as a storytelling medium accessible to a wider (nondancer) audience. Sideways produced two main performances a year, one in early

winter and the other in late spring. While the spring show tackled complex subjects and featured mostly modern dance, the winter show could provide something lighter that highlighted the company member's wide range of dance styles.

So, what is Once Upon a Holiday about? OUAH is a Christmas-y twist on Alice and Wonderland. After getting into a fight with her siblings following her family's lavish holiday party, our Alice finds herself whisked away to a magical world populated by Christmas figures. In the tradition of The Nutcracker, OUAH features a rather loose story held together by memorable music and choreography. However, unlike the Nutcracker, OUAH's generality has kept the show fluid, with new dances swapped for old and whole parts of the story allowed to evolve over time.

The venue has also changed over the show's sixteen-year run. The Beam was the first theater to host Once Upon a Holiday, followed by Seven Stages, Blessed Trinity High School Auditorium, and most recently the Hotel at Avalon. We are excited to be returning to the Avalon this year and making use of the unique opportunities the space offers. Being in the heart of a shopping center, we've been able to reach new audience members who might not otherwise think about attending a dance show. This venue has also inspired Charlotte and the Sideways board to curate a more immersive experience for the audience. Still, every single location has left its impact on Once Upon a Holiday.

One thing that doesn't evolve much is the costuming. In fact, some of the OUAH dresses date back to the initial show in 2007! Because they are well-taken care of, these costumes last. We have our wonderful parent



volunteers to thank for that! Their dedicated work altering, mending, and laundering make the show feasible on Sideways's nonprofit budget. Because of their time, we can have all of our ADC dancers participate without raising tuition to purchase new costumes annually. Over the years, the party dresses, Elvis wigs, and flamingo pants have all become part of ADC tradition and lore.

Starting in 2009, interested ADC students could audition to be apprentices for Sideways and perform as Alice alongside

professional dancers. Each year, Charlotte added more audition-only roles for children until 2016, when she decided to involve all ADC students in the fun. ART company members fill the bulk of all non-Sideways roles and perform throughout the show as different characters in multiple numbers. ART dancers have minimal rehearsal time to learn the choreography and rely on years of observing the show, picking up dances from the wings. All members of ART company are expected to be at every single show over the two-day extravaganza.

CONFUSED ABOUT WHERE YOUR CHILD NEEDS TO BE AND WHEN? FOR ALL DETAILS REGARDING COSTUMING, REHEARSAL SCHEDULES, FAQs, AND MORE CHECK THE RECITAL PERFORMANCE PACKET. FIND IT IN YOUR INBOX OR ON OUR WEBSITE UNDER THE ADC LIBRARY TAB IN THE "RECITAL PACKETS" FOLDER.

Core, Foundations, Elementary students perform in two out of the four shows. They also don't have long to learn their dances and work on them little by little through September and October. Even with this tight schedule, they are able to get it done and contribute to the performance. For students who are new to dance this year, Once Upon a Holiday will be their first time on stage. This always makes the experience extra special.

The chaotic charm of Once Upon a Holiday is difficult to put into words. You have to experience it to see just how well these elements come together to create a show that celebrates the season and highlights the talents of many hardworking dancers. This performance holds a special place in our hearts at ADC. We hope you'll feel the same way and that you'll

adopt it as one of your own favorite holiday traditions!



The price of two tickets is included in your dancer's tuition for ART, Foundations, Elementary, Intermediate, or Teen. You will receive a promo code for these tickets in your inbox. To purchase additional seats, you can visit www.atlantadancecentral.com/once-upon-a-holiday

ONCE UPON A Holiday
NOV 19-20

THE HOTEL AT AVALON
9000 AVALON BOULEVARD
ALPHARETTA, GEORGIA 30009



Did you know, many of our Once Upon a Holiday roles correlate to characters from Alice in Wonderland? Find out who's who!

- Alice** is Alice (of course)
- Mrs. Claus** is the White Rabbit
- The Snowmen** are the Cheshire Cat
- Elvis** is the Caterpillar
- The Mad Hatter** is the Mad Hatter
- The Grinch** is the Queen of Hearts
- The Penguins/Toy Soldiers** are the Cards





Sugarplum Showcase

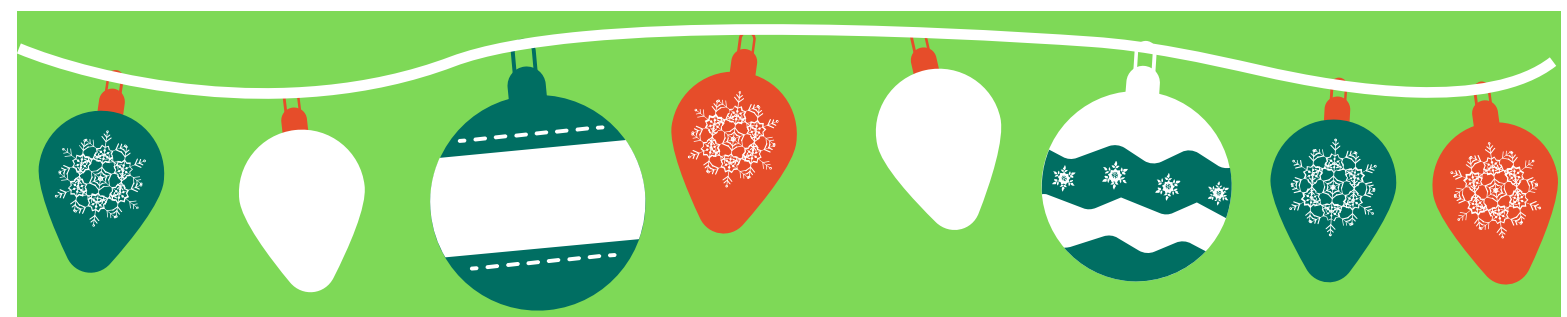
FOR
PRIMARY
STUDENTS
AGES 3-5

December 4 at
Atlanta Dance Central

email to follow with details



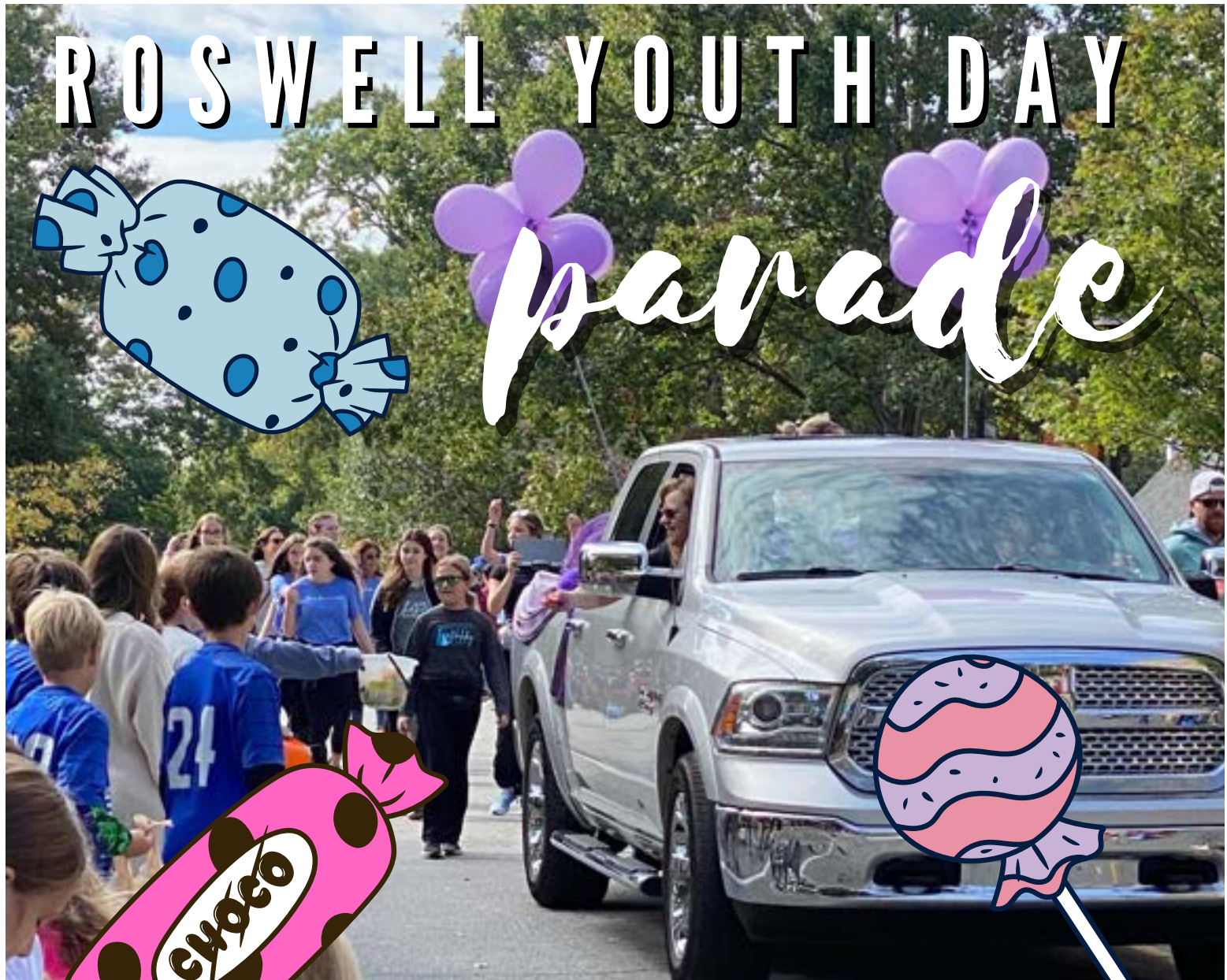
One of our missions at ADC is to help students of all ages feel self-assured and comfortable on stage. Our Sugar Plum Showcase is a great step for littles before they get to experience their first recital. During December, students pick a time to come individually to the studio for a mini recital, just the teacher, the student, and any of the student's family who wants to be there to cheer them on! This event is exciting and low-stress, building dancers' confidence for when they will perform with other students for an audience full of people they don't know. The one-on-one attention from their instructor makes the experience extra special.



Holiday Market

GIFTS THAT BENEFIT
SIDEWAYS DANCE &
GLOBAL NON-PROFITS

PREORDER IN THE
ADC LOBBY





Thank you to the ADC students and parents who submitted these photos!

Recipe of the Month

Roasted Butternut Squash Soup

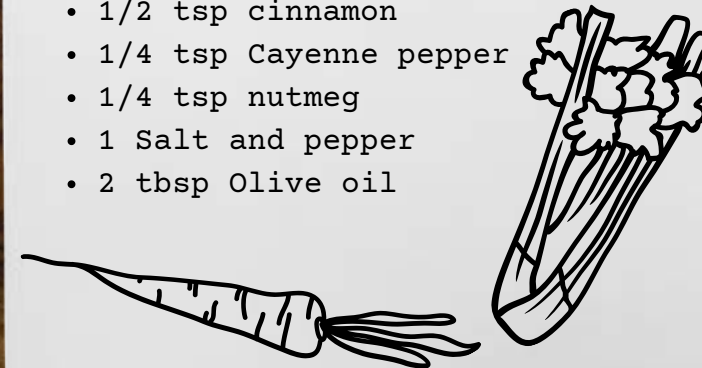
Prep Time: 1 1/2 hours

Yield: 8 servings

Credit: aheadofme.com

Ingredients

- 1 Butternut squash, large
- 2 Carrots
- 3 stalks Celery
- 5 cloves Garlic
- 1 Onion, large
- 1 sprig Rosemary
- 6 Sage, leaves
- 6 sprigs Thyme
- 3 1/2 cups Vegetable stock
- 1/2 tsp cinnamon
- 1/4 tsp Cayenne pepper
- 1/4 tsp nutmeg
- 1 Salt and pepper
- 2 tbsp Olive oil



1. Peel, pit, and chop the butternut squash into 1-inch squares. Chop the carrots, celery, and onions into big chunks. Peel the garlic and keep the cloves whole or halved. Add everything into a large half-sheet baking pan

2. Add the herbs with stems removed (it will be easier to puree later if stems are removed), spices, salt, and pepper. Add olive oil and toss to coat.

3. Roast for 1 hour in a preheated 350 F oven, until veggies are soft and fork-tender. You will want to check the carrots in particular, as they may take the longest to cook. If the vegetables are not soft and fork-tender, then cook for another 15 minutes. Keep checking every 15 minutes.

4. Transfer cooked vegetables to a food processor or heavy-duty blender with 1 cup of vegetable stock and puree until smooth and creamy, or until desired consistency is reached. You may need to do this in a couple of batches. You can also blend the soup directly in the pot using an immersion blender.

5. Pour the mixture into a large cooking pot. Add the remaining vegetable stock and stir well. Simmer on low for 10 minutes. If the consistency of the soup is too thick, just thin it out with some water until you reach your desired consistency.

6. Garnish with extra fresh herbs and chopped nuts on top, and a drizzle of cream (optional) and serve.

preparing your body for success

ADC faculty want to make sure that dancers come to class fueled for exercise. Unfortunately, our student's busy schedules often lead to them arriving at the studio on an empty stomach. Without enough to eat, they can get tired or dizzy, and they are more likely to injure themselves. Consistently under-eating can lead to long-term health issues and sabotage a dancer's goal of building strength and endurance. Going forward, we want to better educate our students about the importance of prioritizing food as a vital part of self-care.



YOU'RE INVITED TO

ARTistry

DANCE CONVENTION

November 5-6



OPEN TO ALL DANCERS AGES 6-18

ARTistry is an annual two-day event held at Atlanta Dance Central. We welcome students from any dance studio to join us for this unique educational opportunity. Make new friends, grow your technique, and take classes from esteemed dance faculty from universities all over the south!



FEATURED FACULTY:

Amy Jacques (Brenau)
 Madia Cooper-Ashirifi (Brenau)
 Barbara Powers (UGA)
 Autumn Eckman (KSU)
 Mr. Mikey
 Teresa Jade
 Andrea Knowlton (KSU)
 Mara Mandradjieff (Emory)

TO SEE THE SCHEDULE AND TO REGISTER VISIT:
WWW.ATLANTADANCECENTRAL.COM/ARTISTRYCONVENTION



ARTistry
 dance convention
 2022

Held at Atlanta Dance Central

CLASS SCHEDULE

Beginner
 Ages 6-10

NOVEMBER 6

10:00-11:00AM Tap with Teresa Jade
 11:00AM-12:00PM Giordano Jazz with Autumn Eckman
 12:00-1:00PM Hip Hop with Mr. Mikey



ARTistry
 dance convention
 2022

Held at Atlanta Dance Central

CLASS SCHEDULE

Advanced
 Ages 14-18

DAY 1

November 5

9:30-10:30AM Contemporary with Andrea Knowlton (KSU)
 10:30-11:30AM African Dance with Madia Cooper (Brenau)
 11:30AM-12:30PM Lunch with the Pros
 12:30-1:30PM Jazz with Barbara Powers (UGA)
 1:30-2:30PM Ballet with Mara Mandradjieff (Emory)
 2:30-4:00PM Mock Audition

DAY 2

November 6

10:00-11:00AM Hip Hop with Mr. Mikey
 11:00AM-12:00PM Tap with Teresa Jade
 12:00-1:00PM Lunch Break
 1:00-2:00PM Giordano Jazz with Autumn Eckman (KSU)
 2:00-3:00PM Dance Movement Therapy Workshop with Amy Jacques (Brenau)



ARTistry
 dance convention
 2022

Held at Atlanta Dance Central

CLASS SCHEDULE

Intermediate
 Ages 9-15

DAY 1

November 5

9:30-10:30AM African Dance with Madia Cooper (Brenau)
 10:30-11:30AM Contemporary with Andrea Knowlton (KSU)
 11:30AM-12:30PM Lunch with the Pros
 12:30-1:30PM Ballet with Mara Mandradjieff (Emory)
 1:30-2:30PM Jazz with Barbara Powers (UGA)
 2:30-4:00PM Mock Audition (Optional)

DAY 2

November 6

10:00-11:00AM Giordano Jazz with Autumn Eckman (KSU)
 11:00AM-12:00PM Hip Hop with Mr. Mikey
 12:00-1:00PM Lunch Break
 1:00-2:00PM Tap with Teresa Jade
 2:00-3:00PM Dance Movement Therapy Workshop with Amy Jacques (Brenau)

CHOOSE BETWEEN HALF-DAY
 SATURDAY, FULL-DAY
 SATURDAY, FULL-DAY
 SUNDAY, OR FOR THE FULL
 WEEKEND!

WANT TO TAKE JUST ONE OF
 THE CLASSES? PAY OUR
 DROP-IN RATE!
 CAN'T MAKE IT TO THE
 STUDIO? PICK A SINGLE-DAY
 OR WEEKEND VIRTUAL PASS!



It has been a long-term goal at ADC to offer a class for toddlers, and this fall we've finally made it happen! Our Baby and Me class is designed for ages 12 through 24 months. Each week offers playful music, exciting props, and a routine that helps our littles learn through repetition. In our first eight weeks, our youngest dancers have made so much progress in balance and coordination. It's been incredible to watch their confidence grow as they approach new challenges with curiosity and resilience. And the feedback from our dancers' parents has been fantastic! They've seen their kids conquer bear crawls, hops, and gallops, applying the skills they learn in class at home. The studio also provides a place for these toddlers to practice taking turns, improve communication, and meet first friends.

Do you have a little one? Join us on Tuesday mornings from 10:30-11:00! You can register for classes on our website or email us at office@atlantadancecentral.com. We can't wait to see you there!









Thank you for letting us document your dancer's progress! Want a full-size copy of any photo you see in the newsletter? Email me the month, page, and description, and I'll send it your way!

Love,

Maya Van Wagenen

maya@atlantadancecentral.com

(your liaison for all things social media, website, and marketing)

