

**Hannan Center's "Beyond U"  
MCACA & Long Haul Productions  
Creating Connection 2020  
Audio Transcript**

**SHEILA GERARD IN ZUMBA CLASS:** So Mr. Sexy Man is cha cha up, step, turn, cha cha up, step, turn.

**SHEILA GERARD:** A lot of times people think that once someone reaches a certain age, they just sit around and wait to die. Absolutely not.

**SHEILA IN ZUMBA CLASS:** Here we go. Up cha cha, turn. Cha cha, turn.

**SHEILA:** My name is Sheila Gerard. I am owner of Lifestyle Diva, LLC, a wellness and fitness business.

**SHEILA IN ZUMBA CLASS:** Keep doin' it!

**SHEILA:** Zumba is what I teach at Hannan Center. They said, do not come in here with that one, two, three, four, because that's not what we do here. Teach us the same thing that you do in your other classes.

**SHEILA IN ZUMBA CLASS:** Last one! Come on! Up!

**STUDENT:** Oh, this is fun.

**SHEILA IN ZUMBA CLASS:** Kick, kick ...

**SHEILA:** Zumba has a specific program called Zumba Gold for the seasoned people. And I like to call them my gold divas.

**SHEILA IN ZUMBA CLASS:** Okay, I'm goin' live with my Gold Divas ... WHOOOO, Shake it like a salt shaker!

**MEIDA OLLIVIERA:** I'm Meida Olliviera, I've been with the Hannan Center about two years now. I'm a dancer. I'm high energy. I like to choreograph. So when I started researching, I found Drums Alive. It's designed to use the yoga or the stability ball in a base, like the five gallon paint tubs. Then you need drumsticks. That's really all you need.

**MEIDA IN CLASS:** Get your drumsticks. One, two, three four five.

**MEIDA:** Drums Alive is a workout system for all ages. One of the major benefits for seniors, is it helps build stability and balance, but also cognitive skills.

**MEIDA IN CLASS:** Left, right, left, right - left, right, left right left.

**MEIDA:** And then we put it to music, and that is absolutely hilarious because it really challenges the brain and the mind, instructor included. But we always get through it.

**MEIDA IN CLASS:** That's the pattern. Left, right, left, right - left, right, left right left.

## PAUSE

**SHEILA:** My mother passed away about a year and a half ago. And my sister and I just happened to be talking about where we lived and O'Shea Recreation Center in Detroit. My sister and I would go to the recreation center, and one day there was this lady. And she's like, "Oh, I'm forming this dance group, are you guys interested?" So she gathered the girls from the community, and she taught us all how to step, and we were phenomenal. We had no idea exactly what we were doing, we were just following her direction, because we loved her so much. And my sister and I were talking about how wonderful that had been for us. And she said, "Yeah, I wonder what happened to her?" I said, "I don't know."

The next week we had an instructor's meeting at Hannan Center. And I see this woman sitting there. She looks just like Meida, but I don't know if that's her. And I kept looking at her, and then she said her name.

**MEIDA:** "I'm Meida Ollivierra."

**SHEILA:** And I said, "Oh my God! Oh my God! Oh my God! Do you remember me?" And she's like "Sheila and Sharelle."

**MEIDA:** And I know exactly when this was 'cause it was right when my first child was born, and he's almost 44.

**SHEILA:** I said, "This is so amazing. We were just talking about the impact that you had had on our life. You couldn't have been more than like 22 years old. She said, "Girl, I was fresh out of college."

**MEIDA:** So it's amazing how those little angels come in your life and let you know, you were on this track way longer than you know you were.

**SHEILA:** I am forever grateful to her because she allowed us to express ourselves. When I am working with my Zumba Gold Divas, I try to bring that to them as well.

**SHEILA IN CLASS:** Alright we gotta freestyle, y'all are free to do what you want to, but I don't recommend any cartwheels or splits or anything.

**STUDENT:** I was gonna do that.

**SHEILA IN CLASS:** That's it, yup, that's it Brenda, keep doin' it.

## PAUSE

**MEIDA:** We started our Drums Alive classes in a historic church, south of Hannan Center. The camaraderie was very evident. Then COVID hit, and all the instructors were asked, "Would you be interested in a virtual class?"

**SHEILA:** I said, "Absolutely."

**MEIDA:** I'm like, "Hmm, I'm interested."

**MEIDA IN CLASS:** In spite of all that's going on every corner of the earth, we are here. Inhale real slow.

**MEIDA:** We started the virtual class with no equipment. The drumsticks were our hands, and our drum could be our body. It could be the table. It could be a countertop. Anything that you can beat on, it's still working the brain of seniors, and helping them to exercise creativity.

**MEIDA IN CLASS:** We are human, we have hopes and fears, and we are not invisible.

**SHEILA:** We get tons of endorphins from working out, but we also get to share what goes on in our week. "Hey, How are the grandkids? Got any pictures?" Let's say someone didn't participate today. I'm on the phone after class, like, "How are you? Is everything okay? Do you need anything?" We just all have that concern for each other. I know I feel good afterwards, so I think that they do too.

**MEIDA IN CLASS:** You can put your sticks away. This'll be our last cooldown song for Sanctuary. And this is special to the world.

**MEIDA:** It's a really special part of the class, especially for seniors in terms of the emotions that we hold in every single day.

## SONG

**CLASS MEMBER:** Sarah Vaughn!

**MEIDA IN CLASS:** You got it! Sarah Vaughn! Hands up, sitting nice and tall.

**MEIDA:** It's like the big exhale, the exhale with the smile.

**MEIDA IN CLASS:** Just inhale, exhale.

## SONG

**MEIDA:** A group of people experiencing emotion and gratefulness through movement. I think of some of these experiences in the class and I just want to tear up. Good tears though, good tears.

## SONG

**MEIDA IN CLASS:** Hands up in front ...

**MEIDA:** I'm 75 and if you don't take care of your body, where's your blessed mind gonna live?

**SHEILA:** She seems exactly the same person that she was 45 years ago. And she was like, "You know, I'm an old lady now." I said, "No, all I see is that 22, 23 year old girl, dancing in that gym, loving on us, and making us feel important. That's all I see."

**MEIDA IN CLASS:** Inhale again, real slow. Let us just be grateful that the sun is shining today. Pull your body up, reach way way out, inhale, just the arms fall right down and touch that earth and smooth the earth out. And let's just give the world a big hug because we are a part of it. I love you. God bless you all. And I'll see you next week.

**CLASS:** Okay. Meida. Thank you. Okay.

**MEIDA IN CLASS:** Love you all. Bye bye.