

“Can Dance” Class Promises Fun Exercise While Dancing to Classics

Thursdays at 6
at the Andover Hub

Susan Chase
Andover Community Hub

Coco Loehr is offering weekly “Can Dance” classes this summer at the



Coco Loehr will offer “Can Dance” classes at the Hub starting on Thursday, July 7. Dance to the classics while getting cardio, breaking a sweat, and having fun, all while holding a can of food in each hand to help tone arms.

Photo: Coco Loehr

Andover Community Hub. She invites anyone looking for some fun exercise to join her on Thursday evenings at 6:15 PM, beginning on July 7 and continuing through August. She’s taught dance at the high school level and has experience with Zumba, Barre, and yoga classes.

As Coco says, “Grab your favorite cans of food and come hit the dance floor! Follow along with me as we dance to classic bangers. Keeping our tomato paste, beans, or corn in our hands will tone our arms while we get cardio going with Fonda-esque dance moves. Can’t follow along with the choreography? Who cares? Not me! The point of this class is to have fun, move your body to good music, and hopefully to break a sweat!”

The fee is \$10 per class; no registration necessary. For more information, contact TheAndoverHub@gmail.com or Coco at CFLoehr@gmail.com.



The Jordan Tirrell-Wysocki Trio, featuring Matt Jensen on guitar, Chris Noyes on upright bass, and Jordan Tirrell-Wysocki as fiddler/singer, will play on Sunday, July 24, at the Highland Lake Inn’s Andover Barn for a fundraiser for the Andover Community Hub.

Hub Fundraising Event Features Fiddling and Food

July 24, 4 to 6 PM
at Highland Lake Inn

Press release

The Irish fiddle tunes of the Jordan Tirrell-Wysocki Trio will be featured at “Food and Fiddle at The Barn” on Sunday, July 24, from 4 to 6 PM, in the Highland Lake Inn’s Andover Barn, an event space at 32 Maple Street in East Andover.

The event is sponsored by the Andover Community Hub as a fundraiser to help equip the new community kitchen planned for the Hub as part of its ongoing capital campaign. The public is invited to enjoy great music and food and to support the campaign at the same time.

Fiddler/singer Jordan Tirrell-Wysocki (who has been called “New Hampshire’s go-to fiddle player”) will be joined by fellow New Hampshire natives Matt Jensen on guitar and Chris Noyes on upright bass. The trio is known for its fresh spin on traditional Irish and Scottish music and a show full of foot-stompin’

fiddle tunes – great for listening, dancing, and even singing along.

In addition to lively Celtic music, there will be great casual food prepared by local chef, Realtor, and Hub board member Ty Morris, assisted by a crew of volunteers. The event will be BYOB for anything other than the provided soft drinks. Tickets are \$40 each (kids ages eight and under, free of charge) and available in advance or at the door.

Food and music for the event are being underwritten by generous donors, so all proceeds from the sale of tickets will be used for the new kitchen. The Hub’s board has raised about 85% of its original goal of \$100,000 for the entire campaign – although due to rising prices, that goal is expected to rise.

Admission is limited; tickets may be purchased in advance by contacting TheAndoverHub@gmail.com, by stopping in during Hub open hours, or by calling Gisela Darling at 603 735-5681, Kathy Ordway at 603 735-5618, or Susan Chase at 603 735-5135.



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