PERFORMING ARTS

Stagebridge offers workshop for performers

By Wallace Baine
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Stagebridge Santa Cruz is a performing-arts program designed to help adults 50 or older learn, or in many cases, relearn, the skills and techniques of performance.

On Saturday, Stagebridge will present one of its workshops featuring a number of local professionals in the arts at Cabrillo College.

The day begins at 1:10 p.m. with a panel discussion titled “Performing Arts and the Mature Performer,” featuring Cabrillo theater director Robin Aronson, actress Lynn Knudsen and teacher/stand-up comic Karin Babbitt.

At 1:45 p.m., the day continues with “The Art of Stepping Forward, Auditioning.” Equity actress Hannah Eckstein will share techniques on how to face nerves and butterflies at auditions and how to figure out what casting directors want.

At 2:50 p.m., the program moves on to improvisation with “Say Yes!,” in which theater instructor Aronson runs participants through improve theater games, designed to bring out an actor’s spontaneity and creativity.

STAGEBRIDGE SANTA CRUZ

When: Saturday, 1 to 5 p.m.
Where: Room 1117, dance studio, Cabrillo College, Aptos.
Registration: $35
Details: www.cabrillo.edu/services/extension/creative.html#perform

At 4 p.m., dancer and choreographer Sharon Took-Zozaya leads “Dance, Dance, Dance,” for potential students of all abilities in the fine points of ballroom, jazz, folk and contemporary dance.

The workshop is $35. To register, call 479-6381.