

Come Dance With Us !

Capital English Country Dancers

Season 2025-2026



*Dancing with friends in sync with
beautiful music is
a joyful, magical experience!*



First Sundays Sept-May 2-5 pm (Intro Workshop 1:30 pm)

St. John's Episcopal Church, 146 First St., Troy, NY

General Admission \$15 (Discount with membership)

Live Music. All dances taught. No partner needed.

Contact: dianehbell@gmail.com 518-416-6771 Videos: youtube.com/@donwfbell

Web site: danceflurry.org/series/capital-english-country-dancers/

September 7 Intro Workshop Don Bell w/ recorded music	October 5 Dorothy Cummings & Daniel Popowich w/Alan Thomson & Friends	November 2 Helen White w/ Spare Parts	December 7 Imogen Mills w/ Vonnie Estes, Charles Fischer, Nancy Bakemeier	January 4 Orly Krasner w/ Jean Monroe, Eleanor Lincoln
February 1 Elizabeth Freedman w/ Dominik Landowne, Sue Polansky	March 1 Don Bell w/ Alan Thompson, Micah Walter	April 5 Martha Griffin w/ Spare Parts	May 3 Melanie Axel-Lute w/ Flying Romanos	More Info: 