

ABOUT Fuzzy Improv!

Improviseational
Comedy classes
presented by
Harold Dreibelbis

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Website:

[Fuzzy Improv!](http://FuzzyImprov.com) | [CW4SP](http://CW4SP.com)

www.cw4sp.com/fuzzy-improv

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Objective:

My objective in presenting FREE Fuzzy Improv! classes is to bring the fun of performing Improv skits to seniors.

What is Improv?

Memory Matter of Utah in their publication “10 Activities for Seniors with Dementia” says, “Improv is a type of group comedy that involves making things up on the spot in a way that makes it easy for the other members of your group to do the same.”

Why Fuzzy?

Searching for a descriptive name for my approach to Improv, Fuzzy popped to mind. Akin to fuzzy logic, fuzzy math, Fuzzy Wuzzy bears, and warm fuzzy feelings there is now Fuzzy Improv. I coach people to be kind, accepting, gentle, that is Fuzzy, in their classes and performances.

Why Improv for Adults/Seniors?

When I was taking classes and performing with the general Improv population, I found that the younger crowd and the senior crowd had different idioms, cultural references and concepts of what is acceptable in a performance. There was a tint of agism in classes and performances. So, fellow Seniors, let's do our own thing and have our own fun!

Benefits for Seniors:

Studies by Memory Matter of Utah have found that there are positive outcomes for Seniors doing Improv. They state "While mostly known as a pastime of young comedians and performers, many seniors have started to give it a try.

Not only is Improv a fun way to spend some time and a good opportunity for socializing, but researchers have also found evidence that it improves the lives of the seniors that give it a go. Improv focuses on living in the moment and going with the flow..."

The Program:

Beginning level classes follow lesson plans I developed based on **Improv As Improv Does Best Curriculum** by *Patrick Gantz* .

Intermediate classes follow lessons plans I developed based on chapters from **OVERCOMING FEAR A Guide for Budding Improvisers** By Colin Thornton and Jon Ulrich and **SAVING THE SCENE** By Colin Thornton and Jon Ulrich.

Classes consist of getting the class connected and present, warmups, short form games, instruction and coaching, long form practice and cool down. Classes run 90 minutes, max.

Emphasis is on accepting the reality each team member creates, adding to that reality (yes, and), story telling, making a scene out of anything!, treating each other well and having fun .

My Qualifications:

- 1991 BS in Education from University of Cincinnati (Summa Cum Laude)

Classes/Seminars attended at Improv Cincinnati:

- 2023-4, Academy Course Sequence of six sessions. Performance in front of a live audience at end of each session.
- 2024 Participated with graduate team, live audience performances.
- 2024 How to Coach a Team training sessions
- 2024 How to Host a Show training sessions
- 2024 Saturday drop-in classes
- 2024-2025 Mentor Program (as Mentee)

Teaching/Coaching

- 03 through 08 2025 Improv with Harold! Hartzell UMC
- 08 2025 to present Fuzzy Improv Troupe Grandin House Apts. lounge.
- 01 2026 University of Cincinnati OLLI Improv classes.

Contact Information:

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