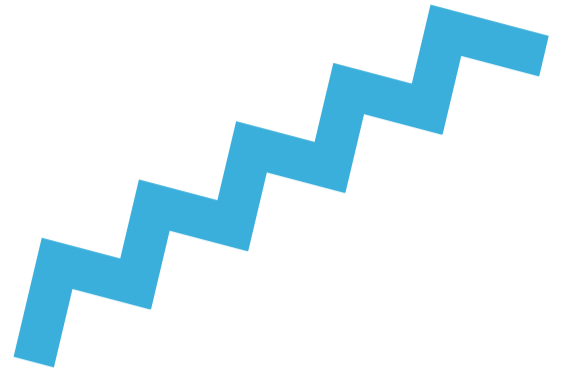
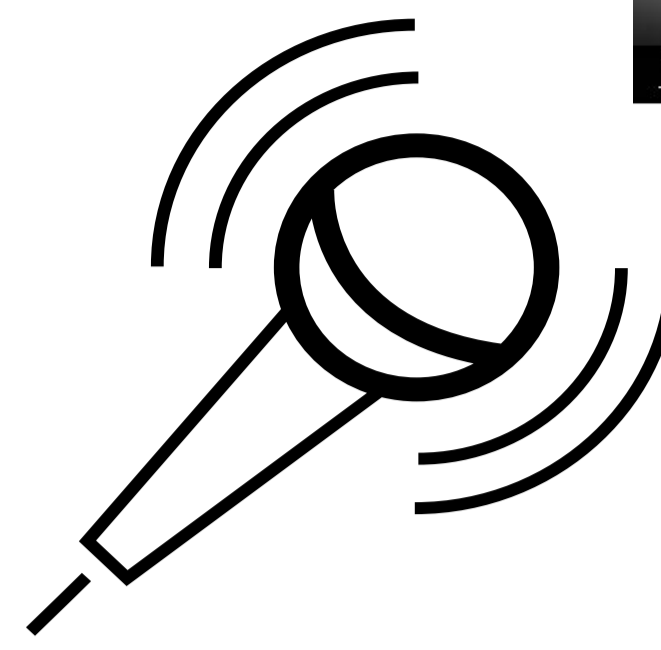




# Good Memories Choir Spring 2021



## What:

Good Memories is a fun, upbeat community where people with early-stage memory loss and their care partners sing together, enjoying familiar music that they love. Our professional conductor makes it fun.

**No audition, no pressure—just a great time!** No musical experience or training is needed. We invite you to what singers call "the best 90 minutes of my week!"

## When:

**Held every Thursday for 15 weeks  
from 10:00-11:30am  
Starting January 28, 2021**

## Where:

Through Zoom on your device (meeting code provided weekly), or simply by dialing in via phone.

## Registration Fee:

\$100 per singer for 15 weeks includes sheet music and all materials. Financial assistance is available.

## OUR STORY

Few things lift the spirit like **singing!** We welcome anyone living with Alzheimer's or another dementia who can attend the structured weekly rehearsals and, best of all, wants to make great music and new friends!

Choristers also have the opportunity to record themselves at home for our **virtual choir**. We offer backing tracks and personalized tech support. You'll receive sheet music via USPS.

## ACTIVITIES TO LOOK FORWARD TO

- Rehearsing 3-part choral settings of beloved melodies
- 20-30 minute unison sing-along of familiar music with themes that change every week
- Social time to chat with old and new friends
- "Move and Groove" stretch break



**Register by January 18, 2021**

### First step:

Contact Sandy Siegel Miller at  
(630) 253-3392 or [smiller@soundsgoodchoir.org](mailto:smiller@soundsgoodchoir.org)



**GOOD MEMORIES**  
CHOIR

 **AgeGuide**  
NORTHEASTERN ILLINOIS

**AGEOPTIONS**

The Good Memories Choir is a program of Sounds Good Choir, NFP.  
This program is partially supported by a grant from the Illinois Arts Council Agency.