Silver Song Club
comes to Canada!

A Silver Song Club is forming in Kelowna and starting this fall.

If you are 60 to 100+ and living independently...consider taking part in this FREE program!

Silver Song Club are regular sessions of singing and music-making for older people and, where appropriate, their care-givers.

Developed in the UK, this is a unique and protected model of participatory music-making driven by the latest developments in the field of Creative Arts and Health.

For six months, once a month for 90 minutes:

– *Join-in with a range of musical activities including singing, playing percussion, using hand chimes and gentle chair-based exercises*

– *music and songs will be familiar; many songs are used because of their power to evoke memories*

Sessions are delivered by trained facilitators assisted by volunteers. There is no charge to participate and care-givers and family members are encouraged to attend.

We have refreshments too.

We are accepting names in readiness for a Fall 2010 program start. **To register your interest or for more information contact Jill Hilderman 250.808.7903 jhilderman@shaw.ca**

Improve quality of life, health and wellbeing for older people through participation in musical activities.

Sing for your life

Be part of it!

Benefits associated with participation include reduced depression, less reliance on medicine, reduction in visits to family doctor and improved rating of overall health. The UK originator of Silver Song Clubs – Sing For Your Life – is establishing this Canadian pilot, the second international chapter, following on current success in Finland. **Learn more: www.singforyourlife.org.uk**