

## **Music Takes Many Forms at the Center Including Dancing**

Our own staff Music Therapist Katie Carter has music activities every day including **Music and Motion, Circle Center Choir, Drum Circle, Hymn Sing, Bell Choir** with help from volunteer Kathy Kelley and individual music activities with several participants who enjoy specific music with their own play list.

Newcomers to the Center music scene are the **Ukesters**, now committed to coming quarterly. They are part of a group of 50 or more, all retirees and many new to Uke playing, who gather every week to practice and play together. We hear they are polishing up on some Beatles music for their next visit here. We may even cultivate a few uke players among our participants.

The **Encore Dancers**, four women still kicking up their heels in their “later years” and getting a few of our folks out on the floor too. If it’s romance you’re looking for the February **Sweetheart Ball** with slow-dancing is a big hit.

Ever-popular **Heartstrings**, a women’s choral group, has been entertaining here for years. The **VCU Choral Group**, in full concert attire, shares its Concert Works program with us every year. If Classic Rock, Beatles and Oldies are your thing, **David Hodges** cranks up the amps and electric guitar and brings us back to the 60’s many times each year.

**Chair Dancing** is perhaps our oldest continuing activity, led by Sheila our OT and held every week since the **1980s** and still popular. It’s fall-proof and you really can move even while sitting down!