

# Singing in the morning

with



and morning tea too



In our  
6th  
Year

# 'Sing for Your Life'



Don't call it 'choir' but **social group singing**. We understand how important it is for people to get together to enjoy the delights of singing and experience melody, rhythm & harmony with your voice. Our song leaders are skilled at facilitating singing groups, regardless of people's previous experience or abilities.

We welcome everybody into the singing circle and want to give you the best time by making your life more musical.

Singing together can:

- \* Reduce stress
- \* Improve your mood
- \* Reduce perceived pain
- \* Improve breathing
- \* Reduce isolation
- \* Improve social bonding
- \* Give you a boost &
- \* Provide Joy

## Term 1 February 7<sup>th</sup> to April 13<sup>th</sup>

With song leaders Julian Raphael,

Andrea Robinson and Lala Simpson

**\$8 per session if paying weekly or \$60 for the whole term**

More information from [communitymusic@xtra.co.nz](mailto:communitymusic@xtra.co.nz)  
or 04 802 5398

Choose  
your  
group

Tuesday  
Wednesday  
Thursday  
Friday

Island Bay Presbyterian Church @ 10:30  
Karori Anglican Church @ 10:30  
Khandallah Town Hall @ 11:00  
Aro Valley Community Centre @ 10.30