

RHYTHM-FOCUSED MUSIC PROGRAMS FOR SENIORS & MATURE ADULTS



Description

Imagine the power and potential through the joy of creative expression... Imagine the magic experienced in providing an outlet for emotional expression and release.

Imagine no longer.

As “The Percussion Lady,” Helen Trencher offers a wide range of hands-on, engaging and interactive rhythm activities. Her programming features—

- ♪ Clapping and singing to the beat of well-known songs;
- ♪ Experimenting with a variety of world beat percussion instruments—such as hand drums, bells, shakers and scrapers;
- ♪ The encouragement of active participation, creative motions and movements; and
- ♪ Playing in a rhythms band.

Why “The Percussion Lady?” Participants in rhythmic programs can enhance their well-being via the synchronization of breathing and heart rate and improved bodily coordination; strengthen their memory, learning and focus, and improve social interactions.

Instructor Background

Helen Trencher combines her Masters in education, training background, love of rhythm and varied performance experiences into hands-on, targeted and engaging learning events for all ages. Since 1998, Helen has custom-designed training solutions for local businesses; taught Middle Eastern (doubek) and African hand drumming classes; facilitated rhythm-focused music and story sessions for those ages 2 to 92; and has lead teacher workshops and community drumming events in the Denver Metro area ... and beyond!



For more information or to schedule a program, contact Helen:
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Also available evenings and weekends!