



## Sing and Sway - a weekly Adult Recess

Intention: Create a healthy activity for social adults who love to sing and sway

### Benefits of the Sing & Sway:

- *Feeling lonely?* **Get Social.** Meet new friends in your neighborhood and across the country!
- *Lost your Mojo?* **Get Happy.** Singing releases 'feel good' endorphins!
- *Tired of being tired?* **Get Energized.** Move your body!
- *Got anxiety?* **Get Calm.** Breathe deeply!
- *Feeling dull?* **Get Smarter.** Exercise your brain!
- *Tired of negativity?* **Get Hopeful.** Positive vibes for all!

### How it Works:

- We'll meet every Tuesday at 6 PM MST on Zoom
- Open to people who need an 'adult recess', and their friends and family around the world. A great way to connect!
- We'll learn a new song - Pop, Country, Jazz standard, or Great American Songbook - each week. You'll practice the song before we meet. These will be songs most of us know but lean to 50's - 90's songs. Sort of a Baby Boomer catalog. Then we'll sing to a Karaoke track that you'll hear when I share my audio. (This is the 'Sing' part!)
- I'll teach you some cool, easy moves that anyone can do! (This is the 'Sway' part!)
- We'll 'Sing and Sway' while also getting Social and learning more about each other. It's all about building a fun, caring community in these sometimes isolating times.
- You'll be invited to join our private 'Sing & Sway -Adult Recess' page on Facebook. There you'll be able to connect with other members; ask me questions about singing; get news and song links and lyrics.

### FAQ:

#### “Do I have to be able to sing?”

NO! This is a fun activity - no pressure! Besides, you'll be muted - so sing away - no one else will hear you but your pets in the privacy of your own home! And....I'm going to give you great singing tips to give you confidence in your voice.

#### “Do I have to be a good dancer?”

NO! Sing & Sway is a 'no judgement zone'. I'll teach you the moves. They're simple, fun, good exercise, and they come from my days as a background singer on stage and on the road!

**“What if I have to miss a ‘Sing & Sway’ weekly gathering?”**

No problem. You'll be able to catch a replay so that you can Sing & Sway all through the week. The weekly gathering replay will be available to all monthly members.

**“How much is the investment?”**

Sing & Sway Adult Recess membership is only \$25 for the entire month! That includes

- 4 one hour weekly gatherings live on Zoom
- A new song every week
- Singing and movement mentoring every week
- A private membership page on Facebook
- Replays available for each week's gathering for review and practice

Any more questions? Contact Beth Lawrence  
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