

# Where words fail, *music speaks*



one of the many musical groups in our community and play together with others, as adults, they are now able to dedicate the time to lessons.

Lessons at the Kamloops Symphony Music School work well for adults because we can accommodate a flexible schedule. Lifelong learning is part of a healthy lifestyle, and we are quite happy to set up a lesson schedule that accommodates the needs of active adults who have travel plans and other commitments.

## Health benefits of music

Music is a universal language that connects us with other people. It can make us sing and dance, and it inspires us. Keep your ears open and you'll soon find that music is a key part of every important event in life, such as ceremonies, parties, weddings, and funerals.

Studies have shown that listening to music promotes positive overall health, with benefits including a better night's sleep, improved memory recall, increased mobility and coordination, and increased cognitive abilities overall. Listening to music has also been shown to reduce pain and improve recovery time.

Audience members of the Kamloops Symphony can experience it all. Our captivating and innovative music director Dina Gilbert has put together a performance season for 2020-2021 filled with exquisite melodies, evocative orchestrations, and stimulating experiences.

Studies on music and its relation to the elderly have demonstrated noteworthy psychological benefits as well, including a happier outlook on life, improved social interaction, increased positive emotions, improved relaxation and self-esteem, reduced tension and anxiety, and improved communication in dementia and Alzheimer's patients.

## Music lessons after retirement

The Kamloops Symphony Music School offers music lessons for students of all ages, walks of life, and skill levels. The school has many adult students partaking in lessons, with everyone from fresh beginners, to people returning to music-making, to people who have been playing all their lives and wish to continue learning.

There are so many benefits to music, whether it is learning music, making music, or just listening to it. Music connects us with the people around us, and it enriches our lives every day.

Whether they are following a dream of learning a new instrument or want to improve their skills to join



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