

## Classes & Activities – Course Information

### **Musical Memories – SPR2020**

<b>Category:</b>	Adult 18+ years
<b>Day(s):</b>	Fridays
<b>Dates:</b>	17 Jan – 24 Apr (exc 21 Feb, 10 and 17 Apr)
<b>Time:</b>	1.30pm – 2.30pm
<b>Class size:</b>	Up to 30
<b>Student Fees:</b>	£6 per session, including one free carer
<b>Venue:</b>	Norden Farm Centre for the Arts
<b>Tutor:</b>	Rona Topaz

#### **Course Outline:**

Even if you can't sing a note, come along to our new choir session for people with dementia and their carers. Join this friendly new group and sing songs from the 1940s - 1980s.

#### **Aims and objectives:**

- To sing together in a safe, communal environment
- To sing in a setting that brings equality to carers and cared for
- To enjoy an activity mutually
- To build confidence through end of term performances
- To hopefully stimulate brain function by singing familiar songs
- To provide respite for carers who do not participate in the sessions

#### **Are there any other costs? Is there anything I need to bring?**

No, just water and yourself!

We recommend that you bring water, otherwise cups of water are available from Norden Farm's Café Bar.

#### **Tutor biography:**

Rona Topaz is a singer, actress and choir leader based in Wokingham and London. Her credits include West End, regional and touring theatre as well as supporting various artists including Billy Bragg and John Cooper Clarke. Rona cared for her late mother, who had FTL dementia, for almost a decade, and as a result has devoted her subsequent career to exploring the links between singing and mental acuity.

**To book please contact: Box Office on 01628 788997 / [www.nordenfarm.org](http://www.nordenfarm.org)**

**Norden Farm Centre for the Arts Ltd. (No. 5405277) & Norden Farm Centre Trust Ltd. (No. 2713653, Charity Registration No. 1013555) are companies registered in England and Wales. The Registered Office is Altwood Road, Maidenhead, SL6 4PF.**