



# Music and movement are magic


A joyful interactive program connecting seniors, young children (3-4 years) and parents or caregivers


**About the program**  
Seniors, young children and parents connect through joyful musical activities including songs, actions, playing percussion instruments, movement, dance and circle games.

**Cost and Registration:**  
This dynamic program is offered at **no cost**, but **space is limited**. Regular commitment to the ten sessions is needed.

**To Register:**  
Contact Shoal Centre at 250-658-6407 or in person at 10030 Resthaven Ave., Sidney.

**Questions:**  
Contact Anne-Marie at 250-882-4339 or email: westcoastreach@gmail.com

 **Mondays** | **16** Sept. to **09** Dec. | *Ten sessions not including three holidays*  
10:00 to 10:30 a.m.

 Multi-Purpose Room, SHOAL CENTRE, 10030 Resthaven Drive, Sidney

**Benefits for Children**

- Language development
- Physical development
- Social and emotional development
- Fun while learning foundational preschool concepts (colours, numbers, directions, body awareness, taking turns)

**Benefits for Seniors**

- Delight in sharing activities with children
- Enjoy watching children learn and develop
- Relive childhood memories through familiar songs and activities

**Presenter - Anne-Marie Brimacombe**

- Award-winning singer, music teacher, and show producer
- Graduate of the Royal Academy of Music in London
- Co-founder of West Coast REACH Association

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