

Rockmosa Older Adult Centre

Join us as we explore “Djembe Drumming”

Community drumming awakens the music child in all of us!

Memory is stimulated, warmth returns to the hands,
physical limitations become less of a barrier
and a community is formed!

The program will be learning basic group drumming
techniques, learning the history of the djembe and
certain rhythms we use, and working as a group
to come up with our own rhythms.

Space is
limited!
Sign up
early!

NO MUSICAL EXPERIENCE OR SKILL REQUIRED!

Fall: Wednesday, October 10th 3:00 p.m. to 4:00 p.m.
Winter: Wednesday, January 16th 3:00 p.m. to 4:00 p.m.

8 Week sessions - \$65 +HST

Community Program Coordinator: mbiffis@get.on.ca • 519-856-9596 Ext. 139

121 Rockmosa Dr. • www.get.on.ca

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