

## Creston Beginner Concert Band

It's time to dig out that old clarinet, saxophone, trumpet, violin or cello you've been saving since those days, long ago, that you played in your high school band or orchestra.

We are the Creston Beginner Concert Band. We're the group for "more mature" folks who played once or have never played at all. And we want you to play with us.

Playing in a band is greatly rewarding. It stimulates the brain, uses muscles and trains memory. Band members learn to work as a team. And in this process produce beautiful music. Are you too old? Nope. Music is such a vital and fundamental part of our beings no one is ever too old to learn. If you played in a school band a long time ago and never touched your instrument again or just never played anything (other than a record player) 'cause someone told you that you had no musical talent (they were wrong!!!) ... you can play. And you can have fun.

Dr. Roy Ernst from the prestigious Eastman School of Music created the **New Horizons Music Program** in the late 1980s. It's still going strong today. Musicians participating in the program love playing. Not just do they love to play, but the experience has greatly enriched their lives.

The instruments for this group are traditional concert band fare: Trumpets, french horns, trombones, baritones, tubas, flutes, clarinets and saxophones. But, since we're a small community and we really do love string players, we also include violins, cellos, etc.

We rehearse every Wednesday at the United Church on 10<sup>th</sup> Ave (next to the post office) from 4pm to 5pm. Please remember to bring your own music stand. Costs for the program will be very low (enough to cover music and room rentals).

For more information, visit our website [www.mellowood.ca/music/bband](http://www.mellowood.ca/music/bband) or call Bob van der Poel at (250) 866-5772.

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