

VIRTUAL BEGINNER

UKULELE CLASS

starting in January 2023

Grafton County Senior Citizens Council is so happy to announce that Ross will be teaching another Ukulele class, for beginners, starting in January 2023! We hope you will take advantage of all of the great benefits of playing the ukulele that are listed below and join us!

This class will be for students 60 and over who would like to cover some of the basics again or who are new to the ukulele! *Don't let not having a ukulele stop you; we have a limited number of ukuleles that we can loan you!*

Why should you join . . .

- mastering the art of playing the ukulele is pretty much the brain's equivalent of training for and running a marathon! By doing ambidextrous activities, you are rapidly growing new brain cells. One recent study even found that musicians actually have a lower chance of developing memory issues such as dementia or Alzheimer's
- it increases hand/eye coordination
- it reduces stress and boosts your mood
- it improves your immune function
- it improves your fine hearing skills
- it sharpens your concentration
- it gives you a sense of accomplishment
- it gives you multiple opportunities for socialization
- AND IT'S FUN!

Where: From the comfort of your own home via Zoom. The link will be sent out the week before the class starts.

When: Mondays, beginning January 9, 2023, from 10:30 – 11:30 a.m.

Sign Up: Email rkoczur@gcsc.org OR contact your local GCSCC Center's Director