

Promoting Brain Fitness:
MUSIC AND THE BRAIN

A MUSICAL



937-376-5486
www.gccoa.org



Find us on Facebook - @GCCOACares

Thursday, September 26th
1:30pm to 4:30pm

Xenia Community Center
1265 W. Second Street, Xenia
(Across from the Nazarene Church and
next to the Council Office)
Entrance Fee: Non-perishable food pantry items



Music and the Brain

Music touches our hearts, triggers emotions, and leads to remarkable connections in our brains. The benefits of music are immense and worth pursuing at every turn.

We encourage you to seek out musical opportunities, find new ways to incorporate music into every day life, and of course participate in your Council's *Music and the Brain* programs, presented twice a year.

Schedule

1:30 Check-In & Refreshments

1:40 On The Road Again!

2:15 Travel Tunes Bingo

3:00 A Musical Travelogue
With Trey Stone & Ben Cooper

4:25 Door Prizes & Safe Travels Home

To reserve your spot, please contact the Council at 376-5486 or info@gccoa.org by September 19th.

There is no cost but we ask that you bring a non-perishable item for the food pantries.



On The Road Again!

Stretching is a great way to start pretty much everything we do, so we will start our afternoon by stretching our brains with a melodic version of travel trivia.

Travel Tunes Bingo

Are we there yet? When the scenery and anticipation of reaching our destination are not enough to help us with a long road trip, why not turn to a game of travel tunes bingo? We don't mind if we do—and you are invited!



A Musical Travelogue



The American landscape provides inspiration for many of our favorite and most memorable songs. And some of these songs are the inspiration behind our program and spending some time listening to and singing along with Trey Stone and Ben Cooper.

We are thrilled to have the talented keyboard player and songwriter Trey Stone and bass player Ben Cooper guiding us through a musical travelogue that will take us to near and far off places and filling our musical tank! Trey was the musical director for The Second City in Chicago for 16 years and has been a tremendous addition to the Dayton area music scene for a number of years.

