

Relationship Building

Creativity

Kinesthetic

Stress

Reduction

Coordination

Memory

Fast Reaction

Meditation

ALLTALENI ACADEN



Piano Enlightenment Program for Seniors

Research and clinical studies are constantly proving how music empowers our daily lives, and how it can bring positive effects for your health and wellbeing. Especially as a senior, piano stimulates many parts of the brain, increasing neural connections, cognitive skills, coordination, and fitness.

This program will build your music language, fundamentals, finger fitness, and stimulate your brain! You will be able to play songs in the first class, and able to communicate and express your emotions through music and a fun

environment.

Program Start: Mar 3, 2020 - Recurring

45-minute classes Total: 4 classes (4th class will have performance)

Day/Time options on sign-up sheet





We welcome students of all ability levels and experience - from complete beginner to advanced!

Limited Space Available

Please express your interest, and sign up on our form:

https://docs.google.com/forms/d/1eTvIIsLBKt2secMrF4ks6CdNZJJ33JZjhTp-_38S0Pk

For more information, e-mail info@alltalentacademy.org or call 203-558-1928