

"BETTER TOGETHER: EXPLORING GROUP VOICE FOR ALL AGES AND STAGES" GROUP VOICE WITH SENIOR ADULTS

- Seniors are a growing segment of the population with a disposable income to pursue interests
- Senior Centers can be a great partner in offering available space for a group class
- Flexibility in scheduling for independent studio owners
- Church choirs and civic chorales can be great recruiting grounds for these classes
- Barrier: NERVES! I combat this by offering FREE "Ten Minute Voice Lessons"

SPECIAL OPPORTUNITIES



- Don't Water It Down: Seniors are here because they desire to be lifelong learners
- Overcoming Obstacles is Incredibly Rewarding: Many come to this to try something they were never able to do or were previously too scared to do.
- You have the chance to give voice back to those that for various health or life reasons have lost some ability/facility in doing something they once loved

- Breathing
- Performance Anxiety
- Aging Voice
- Phrasing
- Choosing a Song (Range/Tessitura)
- Articulation
- Vocal Anatomy
- Vocal Health

SPECIAL TOPICS



SPECIAL CHALLENGES



- Easy onset and overcoming poor speech habits
- Managing Breath
- Loss of Range
- Freeing Physical Tensions
- Vocal Health Challenges (Respiratory, Reflux, etc.)

- 15 Minutes Lesson on Special Topic of the Day
- 15 Minutes on Breath Work and Vocal Exercises
- 30 Minutes on Repertoire.
- Toward the end of our 12 week quarter we work in a masterclass format allowing each singer to get some individual time on a piece they choose.
- The last class of the quarter we give a recital in our center with invited guests and passersby.

STRUCTURE OF CLASS



RESOURCES



- The Effects of Age on the Voice, Robert T. Sataloff and Karen M. Kost. Journal of Singing Vol 77, Issues 1-3.
- NATS Chat: December 2016, with Dr. Michael Johns and Peggy Barody.
- Adventures in Singing: A Process for Exploring, Discovering, and Developing Vocal Potential- Clifton Ware
- Singing for People with Parkinson's- Nicola Wydenbach and Trish Vella-Burrows