



Dear Friends,

I am writing to invite you to consider joining BMPC's "Singing for Life" (S4L) choir. This experience, aimed at 55+ brings men and women from the church and community together for weekly rehearsals and occasional concerts.

I started this choir in 2005 as a means of reaching beyond our usual music activities. One question haunted me: "why shouldn't people continue singing throughout their life?" The answer was simple: "create an ensemble centered around 'singing as a means for wellness.'"

Why "sing for life?"

Engaging in regular singing exercises can have a profound impact on older adults' memory and cognitive function. When singing, older adults are required to recall lyrics, melodies, and rhythms, which helps exercise their memory muscles. This active mental stimulation strengthens neural connections and improves cognitive abilities. Research has shown that singing can enhance working memory, attention span, and information processing speed, providing older adults with a mental workout that can slow down cognitive decline.

What else can "Singing for Life" do for you?

Singing has the remarkable ability to uplift moods and improve emotional well-being. When older adults sing, their brains release endorphins and oxytocin, which are neurotransmitters associated with feelings of joy, happiness, and relaxation. These positive emotional states contribute to reduced stress levels and enhanced overall well-being. Singing in groups or choirs also fosters a sense of belonging and social connection, which can combat feelings of loneliness and isolation commonly experienced by older adults.

S4L is led by a team that includes Edward Landin Senn, Sandi Stouffer, and myself. I am delighted to announce that Kara Goodrich will join this team. Kara is one of our newest staff singers. A soprano of uncommon beauty, she has a vibrant energy and love for working with all ages.

I do hope you'll consider becoming a part of this wonderful community!

Sincerely,

Jeffrey Brillhart  
Director of Music and Fine Arts

A handwritten signature in black ink that reads "Jeffrey Brillhart". The signature is written in a cursive, flowing style.



## Fall 2024 Schedule

### OCTOBER

<b>3</b>	9:30 – 10:45 a.m.	Rehearsal
<b>10</b>	9:30 – 10:45 a.m.	Rehearsal
<b>17</b>	9:30 – 10:45 a.m.	Rehearsal
<b>24</b>	9:30 – 10:45 a.m.	Rehearsal
<b>31</b>	9:30 – 10:45 a.m.	Rehearsal

### NOVEMBER

<b>7</b>	9:30 – 10:45 a.m.	Rehearsal
<b>14</b>	9:30 – 10:45 a.m.	Rehearsal
<b>21</b>	9:30 – 10:45 a.m.	Rehearsal
<b>28</b>	THANKSGIVING	No Rehearsal

### DECEMBER

<b>5</b>	9:30 – 10:45 a.m.	Rehearsal
<b>12</b>	9:30 – 10:45 a.m.	Rehearsal
<b>19</b>	11:00 a.m.	Performance at Dunwoody
<b>22</b>	11:00 a.m.	Caroling in the Court