

PLYMOUTH MUSIC ZONE presents

**PMZ**



**WHERE MUSIC MAKES COMMUNITIES  
NEW MUSIC SESSIONS  
COME AND GET INVOLVED!**

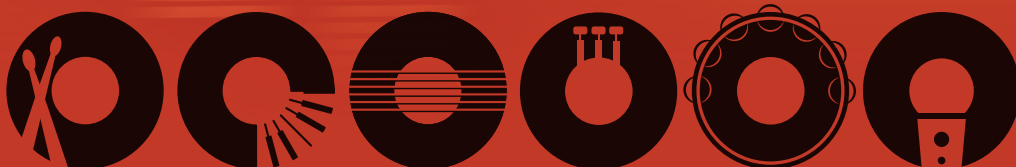
Plymouth Music Zone is an award-winning charity, reaching out to the community to make a difference to people's lives.

Now we're opening up to bring more people together - right here on your doorstep. Creating music with YOU, with something for everyone.

**PMZ'S OPEN ZONE - MUSIC OPEN TO ALL WITH  
SESSIONS, PERFORMANCES AND EVENTS.**

**JOIN US AND GET INTO THE ZONE.**

See over for session details ...



[www.plymouthmusiczone.org.uk](http://www.plymouthmusiczone.org.uk)



## WHERE MUSIC MAKES COMMUNITIES

WHEN	WEEKLY SESSION	WHO'S IT FOR? & WHAT IS IT?
<b>MONDAY</b>		
13.00 - 14.00	Carefree Choir	Adult carers without those they care for, singing together for a little breathing space.
18.30 - 20.00	Baton Beats	Adults (18+) developing skills in a wide range of drumming styles from around the world.
<b>TUESDAY</b>		
10.30 - 11.30	Sharing and Caring	Carers of older & disabled people singing as a group for much needed respite.
15.00 - 16.00	Sing Out	Those affected by stroke, singing together with The Stroke Association.
16.00 - 17.00	Sensory Sounds	Children & young people (4+) with diagnosed disabilities, making music in PMZ's 'Sensation Music Station'.
<b>WEDNESDAY</b>		
11.00 - 13.00 (fortnightly)	In The Zone	Singing and music making at St Luke's, for those experiencing bereavement.
11.30 - 12.30	Soundtrack	Adults (18 - 30) with disabilities playing together as a band.
16.00 - 17.00	Jam Band	8 - 12 year olds, beginners & less experienced, singing & trying a range of musical instruments.
17.15 - 18.45	All Stars	Experienced 12 - 18 year old instrumentalists & vocalists playing together as a band.
<b>THURSDAY</b>		
10.30 - 11.30	Digital Orchestra	Adults (18+) with disabilities using digital and music technology, composing & playing music as a group.



## SESSIONS ALWAYS UPDATING

To book your place call 01752 213690  
or email [info@plymouthmusiczone.org.uk](mailto:info@plymouthmusiczone.org.uk)

