

## CONCERTS, PERFORMANCES

### PERFORMANCES

Performing is a great way to build one's self-esteem. We will prepare your seniors for what ever special performances your center may have.

\*Holiday Concerts

\*Special Events

\*International Day & etc.

**MORE INFO CALL:**



Tel: (617) 296-3282

WEB: [www.jacksworld.tv](http://www.jacksworld.tv)

Inet Productions Inc.  
P.O. Box 260434  
Mattapan, MA 02126

**INET PRODUCTIONS Inc.**



*Peppy  
People's  
Music  
For Today's  
Seniors*

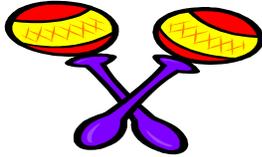
▶ "Quality Sound  
That Counts"

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## ▶ WHO WE ARE

We are a music production company that specializes in the development of instrumental, vocal and performance skills.

**PEPPY PEOPLE'S MUSIC** is Inet Productions'



Music Program catered to pre-school children and senior Citizens.

The sole purpose of this program for seniors is to reduce stress by providing music therapy for the mind and soul. It is designed to awaken one's interest in music, stimulate spontaneous vocalization and rhythmic movement and to increase emotional stability.

**PEPPY PEOPLE'S MUSIC** will provide a pleasant, stimulating multi-cultural musical environment through singing, use of instruments, movements, playful musical games and music history which will help to promote individual development of musical skills.

### I. SINGING

A. Ear training is the basis for singing in tune. Ear training will teach one how to match their voices to high, low, soft and loud sounds by singing inspirational & motivational songs.



### MOVEMENT

Singing and movement are closely linked. Simple dance steps and movement exercises will help strengthen weak muscles through music.

LEARNING  
THE WORDS, MELODY  
AND ACTIONS OF A  
SONG HELPS TO  
IMPROVE MEMORY.

### \*SESSIONS

Sessions can be tailored to Angel Monet performing songs and playing music for a 30 minute session or it can be a more active setting with seniors interacting with singing, movement and playing instruments.

### BENEFITS

The benefits of this music program are:

1. Reducing Stress
2. Strengthen muscles through movement.
3. Exercise
4. Reduction of arthritis and joint pain through movement.
5. Therapy for the mind and soul through the joy of singing and listening to music.



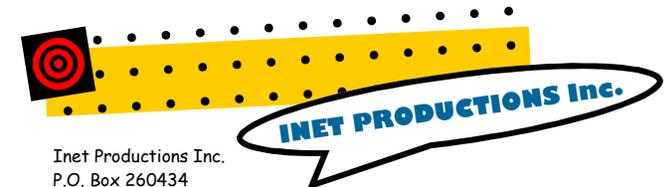
Stress is the body's natural reaction to tension, pressure and change. It can cause mental & physical illness.

### INSTRUMENTS

Seniors will enjoy making sounds and exploring different instruments.

They will get a chance to hold, handle and play them while being apart of a group setting.

**Private Piano Lessons are also offered.**



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