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# Singing for Fun and Well Being!

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## **OSHER 288-002**

**Dates:** Thursdays: October 15 – November 12

**Time:** 11:30 am – 12:30 pm

**Location:** Online via Zoom

**Instructor:** Stacey Cole, MFA, MS, CCC-SLP, [voicecoachSLC.com](http://voicecoachSLC.com)

**Contact:** [voicecoachSLC@gmail.com](mailto:voicecoachSLC@gmail.com) or 801-808-9249

### **Course Description:**

This delightful course combines a weekly Virtual Sing-Along (lyrics provided) of popular songs from the first half of the 20th Century up through the 1960's, led by singer/musician Stacey Cole. It includes fun vocal warm-ups and practical information on how to take care of our voices. Healing and uplifting!

### **Course Overview:**

The basic format for each of the 5 classes is:

1. We begin with a short greeting with mics open (unmuted) to say hello (5 minutes).
2. Gentle stretches & physical warm-ups to prepare the body for giving voice (5-10 minutes).
3. Vocal Warm-Ups with vocal play (5-10 minutes).  
Participants' microphones are muted. Instructor's mic is unmuted.\*
4. Sing-Along led by instructor, with instrument accompaniment. At each class we'll sing 8-10 songs selected from the LYRICS song list. The LYRICS pdf contains over 50 songs! We'll sing different songs each week (25-30 minutes).
5. Tips for taking care of our voices, and Q&A (5-10 minutes).

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The LYRICS (containing over 50 songs) for this class are provided digitally, emailed to each participant in a pdf file. In addition, the instructor will send out a separate (smaller) pdf file at the beginning of each week, with the 8-10 songs selected for that week.

Please let the instructor know, prior to class, if you have any concerns regarding your physical health that she should be aware of. We can adapt stretches and physical warm-ups accordingly. You know your body better than anyone. Pain is NOT gain here, so nothing we do should cause pain. We aim for ease of breath and body - and fun!

\* During certain sections of every class (such as the Vocal Warm-Ups and the Sing-Along), participants' microphones will be muted (to reduce sound cancellations and distortions while using Zoom) in order for everyone to hear the instructor clearly.

