



September 2024

What's Shakin' with the Orange County Tremble Clefs

September News



The OC Tremble Clefs took a bit of a break for the month of August.

However, we are back to our regular weekly schedule in September. Join us at one, or more, of our weekly meetings:

Mondays @ 9:30 a.m. – Florence Sylvester Memorial Sr. Center
23721 Moulton Pkwy,
Laguna Hills, CA 92653

Wednesdays at 3:30 p.m. via Zoom – Virtual
Happy Hour follows.

Thursdays at 10:00 a.m. via Zoom
Want to join us??? Check our our website www.octrembleclefs.org

Or email our Director at karen@octrembleclefs.org



Upcoming Events ~ September 2024



**Michael J. Fox Research Foundation
IQ and You Event
September 21, 2024
Carlsbad, CA**

The Orange County Tremble Clefs will be there. Stop by our table and get a free Kazoo. Did you know...playing a kazoo can help keep your vocal cords healthy.

Thank you to O'Connor Mortuary and the Harold Mukamal Memorial Fund for providing the kazoos to share.

For more information, go to:

<https://www.michaeljfox.org/PDIQSoCal2024>

Registration is required for this event.

SEE YOU THERE!!!

OC Tremble Clefs Concerts ~ September 2024

September 23 at 11:25 a.m. ~ Orange County Tremble Clefs concert ***"The Currents of Our Lives"***

Florence Sylvester Memorial Sr. Center
23721 Moulton Pkwy,
Laguna Hills, CA 92653

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Orange County Tremble Clefs will share their concert, ***"The Currents of Our Lives"*** at Heritage Pointe Senior Living on October 6, 2024



Recently OCTremble Clefs musical Director, Karen M. Skipper, MT-BC and Tremble Clefs Singer, Darlene D. were

interviewed by Biju Kewalram of BrightStar Care in Huntington Beach about the OC Tremble Clefs program. Listen here....

<https://keepmehomelonger.buzzsprout.com/> -

The podcast as well as the main page for all episodes – you can listen to the web player here. This page also has icons to link to Spotify etc.

Spotify: link for full podcast:

<https://open.spotify.com/show/4HMwTzhD5kmV1sm4F6tjIM>

Apple Podcast: link for full podcast:

<https://podcasts.apple.com/us/podcast/keep-me-home-longer/id1743290747>



Join us for a Virtual Happy Hour every Wednesday at 4:30 p.m. via Zoom

For more information, contact our Musical Director, Karen M. Skipper, MT-BC, at [karen@octrembleclefs](mailto:karen@octrembleclefs) to be added to the invite list.



**The Tremble Clefs Program is**

**30 years Old!! 1994 – 2024**

**Parkinson's Strong By Joining in Song!!**

**Help us celebrate by donating \$30.00/month for the remainder of 2024.**

**Our program is offered *at no cost to our participants.* You can help keep us *singing* with your tax-deductible donations. Please consider a donation *by check* [Orange County Tremble Clefs, 14252 Culver Dr., STE A #286, Irvine, CA 9260] *OR electronically:***

