



## **We Welcome People with Parkinson's disease New members may start at any time**

We invite anyone with Parkinson's disease to join us. No musical experience is required or expected. A family member or caregiver may accompany the person with PD. We charge a \$5 fee per session. That \$5 includes the person with PD and any individual who accompanies that person. Your first visit is free.

In 2021, we received a community grant from the Parkinson's Foundation allowing us to start the Mesa Tremble Clefs. 

Tremble Clefs resumed in person meetings in January 2022. In 2023 there are no requirements for wearing a mask nor proof of Covid vaccination. Any individual who wishes to wear a mask covering nose and mouth is welcome to do so.

### **ORIGINAL TREMBLE CLEFS**

Granite Reef Senior Center  
1700 N. Granite Reef Road  
Scottsdale, AZ 85257

**Meetings:** Thursdays  
3:00 p.m. to 5:00 p.m.  
For more information, contact  
Don Dotts DonDotts@aol.com

### **MESA TREMBLE CLEFS**

Venture Out RV Resort  
5001 E. Main St.  
Mesa, AZ 85205

**Meetings:** Mondays  
3:00 p.m. to 5:00 p.m.  
seasonal: meets Nov thru March  
For more information, contact  
Chris Volz volz.christine@yahoo.com

### **WEST SIDE TREMBLE CLEFS**

Shepherd of the Desert Lutheran Church  
11025 N. 111th Ave.  
Sun City, AZ 85351

**Meetings:** Wednesdays  
10:00 a.m. to 12:00 noon  
For more information, contact  
Ray Erlandsen rjaz68@gmail.com

### **SOUTH EAST TREMBLE CLEFS**

Sun Lakes United Methodist Church  
9248 East Riggs Road  
Sun Lakes, AZ 85248

**Meetings:** 1st & 3rd Thursday of each  
month - 10:00 a.m. to 12:00 noon  
(we will meet once a week when our  
numbers increase)  
For more information, contact  
Carolyn Perkins carolyn.perkins@q.com

We offer online music therapy sessions. For details, contact: Tim Sheehan  
928-713-6800 clefnote2019@gmail.com. Our website TrembleClefsArizona.org  
also has more information.

## **Talented Professional Staff**

Sun Joo Lee is the Director of Tremble Clefs Arizona. She has Master's degrees from ASU in Music Therapy and Voice Performance. In addition to Ms. Lee, Carolyn Perkins, Kiersten Jungbluth and Merri Zohar are enthusiastic professionals who direct music therapy sessions.

We employ three experienced accompanists. Mutsumi Mori holds bachelor degrees in Choral Music Education and Piano Performance from Northern Arizona University. Jan Schaafsma has been an accompanist for many years. Linus Jung has a Master of Music degree in Piano Performance from ASU. These talented pianists are great assets to our choral singing groups.

Information, including videos and photographs, can be found on our website - [TrembleClefsArizona.org](http://TrembleClefsArizona.org).

**Tremble Clefs Arizona is a non-profit charity.  
We depend on donations to continue music therapy  
for people with Parkinson's disease.**

**To donate by credit card or PayPal:** go to [TrembleClefsArizona.org](http://TrembleClefsArizona.org)  
and open the DONATIONS page.

**To donate by check:** Make your check payable to "Tremble Clefs AZ" &  
mail it to the address below. Include your name, address & phone number.

Tremble Clefs Arizona  
P.O. Box 1161  
Sun City, AZ 85372

**If you wish to support a specific choir, write the name of the group with  
your contact information.** If you wish to donate in honor of or memory of  
someone, include the name designated & the person you wish notified of your  
donation and their address. We appreciate all donations!

Tremble Clefs Arizona is a non-profit 501(c)(3) charity. The state of  
Arizona has awarded us Qualifying Charitable Organization status -  
AZ QCO Code 22218