

♪ Tremble Clefs is not a "traditional choral group." There are no requirements that you "can sing," no certain voice quality nor ability to read music. The group is not structured by voice category, instead the emphasis is on music therapy, breathing, battling the consequences of a neurological disease that tends to compromise voice volume. - Dolores W.

♪ I've sung since I was a little girl. Losing my voice has been one of the most disappointing things in my life. Tremble Clefs has given me hope of regaining at least some of my voice. I've met nice friends here also. - Barbara S.

♪ *One of the best things about Tremble Clefs is the camaraderie which leads to hope for the future.* - Rocky J.

♪ For me, who has Parkinson's, the Tremble Clefs choir has provided a ready-made community to which I have automatically the benefit of membership and where I am known and accepted as a fellow battler. Community is THE major antidote to Parkinson's disease (PD) because the first and worst thing PD does to you is to isolate you emotionally and then, as it progresses, physically. And then there is music and the music therapy. - George E.

♪ The exercises and singing have helped me in several ways. I now have less choking when I eat and drink. The "mask" on my face is less intense. I learn new wonderful songs and when I look at my classmates, I feel at home because I know each of them understands what we all face in a day. - Septene M.

♪ What I enjoy most about Tremble Clefs is meeting new friends and singing fun songs. In this music therapy group, we learn how to breathe deeply so that our voices project and how to enunciate words so they can be understood. I always feel exhilarated and happy after a 2-hour session.- Jeanette P.

♪ *I love Tremble Clefs because I feel like a normal person without Parkinson's when I'm singing.* - Mike D.

♪ One of the best things about Tremble Clefs is singing. Where else can we sing to our heart's content regardless of our abilities or vocal problems. - Jim H.

♪ I am grateful for this music therapy program that I can share my life with. - Sook K.

Tremble Clefs

Music Therapy for People with Parkinson's Disease



Tremble Clefs AZ, PD Care Connection Experience, Scottsdale, March 27, 2026



**TREMBLE
CLEFS**
Arizona

Tremble Clefs Arizona is a charity providing music therapy on a regular basis for people with Parkinson's disease. By participating in Tremble Clefs weekly rehearsals, those living with Parkinson's strengthen their voices, exercise their lungs and have fun singing with others in the Parkinson community, as well as family and friends.

Decreased voice volume and voice with a monotone quality are common symptoms of Parkinson's disease. This clinically beneficial program provides vocal and movement exercises and generates new learning and comfortable challenges in a shared supportive environment. The only requirement for joining is that you have Parkinson's disease. No musical experience is required or expected.

Learn more about us on our website:
TrembleClefsArizona.org