**Music, the Brain, and Aging**

Mondays, 11am; through October 21

Founder’s Room, Bel-Tib Public Library

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[www.ststephenschurch.org/music-series](http://www.ststephenschurch.org/music-series)

**Five- Week Outline:**

~~9/23: Anthropology, Expectation, Elements~~

~~9/30: Music & Emotion, Aesthetics, Melody~~

**10/7: Rhythm, Entrainment, Movement**

10/14: Singing, Sound Healing

10/21: Interventions, Historical Approaches

1. **Check-in from previous assignments**
2. **Understanding Rhythm**

*Q: How does music affect our perception of ontological and chronological time?*

Pulse -> Beat -> Meter-> Tempo

Microbeat -> Macrobeat

1. **Entrainment and RAC**

*Q: How might we use rhythmic exercises to our advantage?*

 Entrainment

 RAC (Rhythmic Auditory Cueing)

1. **Exercises (to do for next time)**
2. Determine your optimal BPM for a task or two that is part of your daily routine (a short walk you take frequently or brushing your teeth are good ones to start). A basic metronome can be found online here: https://www.imusic-school.com/en/tools/online-metronome/ or several can be downloaded as smartphone apps.
3. After determining the BPM, find a piece of music or two that matches that rate of speed, and listen as you perform the designated task.

Takadimi example on reverse

