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**Many Musicians Make Music in Chesapeake**

Tidewater Arts Outreach (TAO) to Host a Music Series for Seniors, October-March

Norfolk, Va. – Drum beats, singing, and music are sure to be heard from various community centers as Tidewater Arts Outreach and the City of Chesapeake Parks, Recreation and Tourism presents the Fall/Winter TAO Music Series from October through March 2017. The series is focused on senior members who are not exposed often to the arts experiences that so many take for granted.

The series kicks off on Oct. 4, 2016, at 10 a.m. at the Dr. Clarence V. Cuffee Community Center at 2019 Windy Road with local artist Arthur Lopez leading a “Drum Your Dream” Percussion Workshop. Lopez encourages all participants in creating music together by playing assorted hand drums and percussion instruments. “Playing rhythms has intellectual benefits, just as singing helps with vocal chord strength and breathe,” says TAO Executive Director MaryAnn Toboz. “Often as we age our circle of friends becomes smaller, so this is an opportunity for social engagement while learning new skills.”

This series is free to the public and held at different locations throughout Chesapeake. Each event offers a new program led by a partnered artist, from drumming and sing-a-longs to harp and Celtic music. Specific dates and times, along with more information, can be found on the Tidewater Arts Outreach website [www.tidewaterartsoutreach.org](http://www.tidewaterartsoutreach.org) or in the *Parks, Recreation and Tourism* *Leisure Guide*.

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Tidewater Arts Outreach (TAO) located at 809 Brandon Ave. in Norfolk is a nonprofit organization that has been sharing the joy and healing power of quality arts experiences with people in health and dependent care in Hampton Roads since 2003. It provides programs led by local artists that engage attendees in music, dance, drama, poetry, and visual arts. Training, advocacy, and outreach are TAO’s core service components.