



Too many older people can become lonely, unable to remain actively involved in activities in the heart of community or able to enjoy active, purposeful social lives.

Centrestage's 'Musical Generations', "Gie Laldy", "Fun@1" and "Dance For Parkinson's" programmes put music, dance, conversation, volunteering and cross-generational companionship at the very heart of our daytime activities.

Our high-energy "Musical Generations" sessions are based around musical favourites requested by our participants, with songs from Elvis to Abba and Harry Lauder to Neil Diamond all enjoyed with a cuppa and home made shortbread, all prepared and served by our vital army of volunteers, led by Aunt Moira -aged 78 years young!

Centrestage Musical Generations | *bringing people together*

*#artsattheheart #funfoodfolk*

