

DRUMMING IS COMING

Beginning Monday, November 7

Join us at the Clubhouse on Mondays 5:15 – 6pm. Sign up at the Clubhouse if interested or just show up. Beginners welcome! We will practice weekly for our holiday show in December. Bring your own drum and drum sticks. Contact Betsy Miller for more information rnmill2@aol.com

7 Ways Drumming with Improve Your Life

1. It's Fun
2. Boosts your Immune System
3. Greater Cognitive Function
4. Social & Creative Development
5. Physical Fitness
6. Pain Relief
7. Stress Reduction

Read More: [7 Ways Taking Drums with improve your life](#)

