

"RECYCLED" *DRUMMING*

Many of you from our previous "RECYCLING" drum group have continued to ask for this again. So come join us as we explore rhythms and brain games to stimulate our memories.

All you need is a bucket for women and a big black trash can for the men (both found at Lowes).

Our lady bucketeers also need drumsticks, and our men need drum mallets.
(found on Amazon)

MONDAYS AT 4:30

BEGINNING 09/21

We plan to perform in the Christmas Pageant on December 10.

If you have any questions, don't hesitate to call, text, or email.

Betsy Miller 314-412-9941 btsymill48@aol.com

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Sign up on the
bulletin board
if you plan to
attend.

7 Ways Drumming with Improve Your Life

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

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