

VSA Season 50 Monthly Column: DECEMBER 2021

December 2021 Column

*Bringing Classical Music to Life: Give the Gift of Music*

*Valley Symphony Association's 50th Season Celebration Continues*

By Hartland H. Clubb, Jr.

President

VSA Board of Directors

For so many of us, music links powerful memories to events in our lives—both good and bad. A few notes can take us back to a summer evening in childhood, to the memory of that special someone at our first high school dance, or to that song we listened to over and over after our heart was broken for the first time.

So many of the milestones in our lives are marked by music. Why is that? Because music benefits both our minds and our bodies. Research has shown that listening to music can:

- Connect us with other people
- Engage our brains and help us want to learn more
- Improve our ability to memorize
- Lower stress and anxiety
- Combat the symptoms of depression
- Improve heart health, decrease fatigue, boost exercise performance, and manage pain

Though 2021 is coming to a close, the 50<sup>th</sup> anniversary season of the Valley Symphony Association still has three more concerts to share with regional music lovers. Join us on February 27 (3pm) as the orchestra performs songs and overtures for *Seasons of Love*. The chorus will delight audiences on March 27 (3pm) with a fantastic selection of songs that will *Flashback to the 70s*. For the final concert of the jubilee season, *Let's Dance!* as the orchestra performs a variety of dance songs through the ages for the April 23 (3pm) and 23 (3pm) concerts that will also feature live dance performances.

If you haven't finished your holiday shopping, tickets to any one or all of the remaining Valley Symphony Association concerts will make great stocking stuffers. In addition, you can fulfill the dreams of over 100 volunteer musicians by giving them the gift of music. As a non-profit organization, we rely on the generous donations of community members like you to continue providing outstanding orchestral and choral performances. Thank you for considering the VSA in your end-of-year giving.

To donate and for information, upcoming concerts, the audition process, and tickets, visit us at [ValleySymphony.org](http://ValleySymphony.org) and on Facebook @valleysymphonyassociation. Tickets are also available in Delta at Clubb's (502 Main St). Other inquiries may be directed to 970-275-8676 or [info@ValleySymphony.org](mailto:info@ValleySymphony.org).

### **About Hartland H. Clubb, Jr., VSA Board President**

*Hartland H. Clubb, Jr., is the owner of Clubb's in Delta, a civic treasure, and a proverbial pillar of the Delta community. He has been an active member of the VSA in various ways for decades.*

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**The VSA's 50<sup>th</sup> Concert Series at the Montrose Pavilion continues with:**

*"Seasons of Love" – Feb. 27 at 3 p.m.*

*"Flashback to the 70s" – March 27 at 3 p.m.*

*"Let's Dance" – April 23 at 7:30 p.m., and April 24 at 3 p.m.*

***About the Valley Symphony Association***

*Bringing classical music to life since 1970, the Valley Symphony Association has culturally enriched the community and its members by bringing together some of the best volunteer musicians from the North Fork and Uncompahgre Valleys to discover and present works of great composers, past and present. Performances range from classical orchestral to upbeat pops, from purely instrumental to purely choral, to a combination of both.*