

Choir (U3A Harmony)



The Choir



Can you guess what the men are singing? * Answer at the foot of the page.



Heather & Pat



Starting a new piece

We sing all kinds of songs from jazz standards, folk songs, classical pieces, show tunes, pop songs and even the occasional madrigal.

We put on a Summer Concert each year. We perform at the U3A Carol Service. And for the first time in March 2018, we took part in the Bedfordshire Musical Festival. We MAY take part again....

THE SCIENCE BIT

The benefits of singing have been proved. Singing exercises the brain AND the body, and improves breathing, posture and muscle tension. Singing in a choir has been shown to release neurochemicals such as β -endorphin, a natural painkiller responsible for the 'high' experienced after intense exercise. It's possible that music can play a role in sustaining a healthy immune system by reducing the stress hormone cortisol and boosting the immunoglobulin A antibody.

TO PUT IT ANOTHER WAY everyone leaves the choir practice smiling and with a spring in their step!

THIS YEAR'S SONG LIST includes:

Sumer Is A Comin'	The Lark In The Clear Air	Greensleeves
Shenandoah	Banaha	The Lord Bless You and Keep You
King of the Road	California Dreamin'	Since First I Saw Your Face
The Heavens Are Telling	Abschied (Wooden Heart)	How Cal I Keep From Singing
My Blue Heaven	Catch A Falling Star	Sloop John B
The Owl and The Pussycat	Let's Go Fly A Kite	The Last Rose of Summer

NO AUDITIONS. IF YOU CAN SPEAK, YOU CAN SING!!!

*There is Nothing Like A Dame.