

IRONBARK

Strength of Voice

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*In Harmony Together
Wishing you
Peace at Christmas*



Grace, our Music Therapist, with her "Macquarie Melodies" choir, wishing us Christmas Goodwill & Peace. The choir was commenced in 2009 & meets every week to practice. Practice makes perfect, as demonstrated recently. There are currently about 10 in the choir.

Left to right in front row, Grace, Arlene, Paulina, Jeanetta, Sandra, Sue, Shyamali

Back row, most of the ARC Choir & Schubert, David, Scott, Rocco

Choirs converge at Macquarie Hospital

Two choirs, our Macquarie Melodies, (led by Music Therapist Grace Chiundiza & Kim W, OT assistant), & the **ARC choir** from Concord Mental Health Centre (led by Music Therapist Claire Hogan) joined together to sing 6 songs (mainly folk & old-time).

Then ARC sang 6 songs, accompanied on wind instruments by one of the members. Another member sang 2 solos.

After this, the Alan Davis trio treated us to some old-time music before a morning tea. Choir members enjoyed meeting & hearing each other sing.



Kim conducting Macquarie Melodies who are "in the flow"

**Macquarie Melodies still has vacancies
- staff & patients are welcome to join -**

**Joke from Mental Health Month Choir Morning
'A man fell into the upholstery machine and came out recovered'**

November Market Day 2011



Happy faces at the food line-up, Alicia R, Daisy B, Dianne G, Eric E. & Chris D. 'To market to market to buy a fat pig...'



And some folk travel to market in style with the help of Cathy S! 'Home again, home again, jiggetty jig'.