

The New Horizons Band



"I love making music a part of each day, new friendships, and band camps." A New Horizons Band member



Learning to Play Music

You can learn to play music in a band or orchestra as a senior adult—even if you have no musical experience! If you played an instrument in school many years ago, you will be amazed at how much you remember and how quickly you will be able to play again.

Playing music is a special joy and it will help you maintain good mental and physical health. It is also a way of experiencing life: playing music from the past keeps us in touch with those feelings, daily practice keeps us active in the present, and striving for new goals attaches us to the future. One band member describes it as "serious fun."

You will meet new friends and work with them as a team to learn music for concerts and other performances in the community. The New Horizons ensembles typically perform many times each year, giving formal concerts and playing in shopping malls, parks, retirement homes, and nursing homes. You may even attend music institutes especially for New Horizons musicians in places like Aspen, Colorado; Lake Placid, New York; Door County, Wisconsin; Sydney, Australia; or Palm Springs, California.



**Fill your life with music,
new friends, fun, and accomplishment.
Join a New Horizons Band or Orchestra!**

Getting Started

The first step in getting started is attending an informational meeting at which all of your questions will be answered by a music teacher and music dealer. You will also have a chance to meet some of the other people who will be participating. If you are not able to attend that meeting, contact the sponsoring music dealer, ask whatever questions you have, and plan to be at the first class.



*"I joined the New Horizons Band because I enjoyed playing in high school and welcomed the opportunity to play again."
A New Horizons Band member*

What instrument should I play?

If you are attracted to the sound or look of a particular instrument, it should probably be the top one on your decision list. If you are open to learning any instrument, you may want to play an instrument that is needed in the band. In a very small number of cases, your physical characteristics might indicate that a particular instrument will be relatively easy or difficult. Talk to your music teacher.



How do I get an instrument?

You may have an instrument that you used earlier in your life, or one that one of your children used. If so, take it into a repair shop to be sure that it is in excellent working condition. Some music students become frustrated because they try to learn on an instrument that no one could play.

Music dealers in your area rent instruments for a very reasonable monthly rental fee. It is usually possible to exchange for another instrument if you change your mind about your instrument choice. Talk to your New Horizons teacher and check the yellow pages. In many cases, a music dealer has been involved in planning your local New Horizons program and will understand your special needs.

What will it be like to learn?

As an adult, you have advantages that will help you learn music. You already know the sound of a lot of music, and some of that music will be included in your early instruction. Most adults are also highly motivated, self-disciplined, and have time to practice. When you attend lessons and practice, you'll be playing music before you know it! From then on, it's even more fun to play with others in classes, chamber music groups, bands, and orchestras. In one study, nearly everyone felt that their accomplishments met or exceeded their expectations.

New Horizons History

The first New Horizons Band was started by professor Roy Ernst at the Eastman School of Music in 1991, supported by grant from the National Association Music Merchants. The word spread through articles in publications such as the New York Times and a feature spot on the NBC Today Show. There are now more than thirty New Horizons Bands in the United States, and many more bands are starting in the planning phase.



Local Information

If you don't have a New Horizons Band or Orchestra in your area, write, call, or E-mail:

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Your interest may help to get a New Horizons program started in your area.