

# MUSICALLY SPEAKING

*Music To Grow On's Monthly Newsletter*



## Upcoming Events this Fall: Music at Southside Park

Hosted by The City of Sacramento Department of Youth, Parks & Community Enrichment along with the Access Leisure and Adaptive Sports Division as part of the "Southside Park Play Date" events.

Join us on Saturdays for interactive group music at Southside Park in Sacramento from 11:00-11:45! Recommended for children of all abilities ages 3-12.

**Saturday, August 28**  
**Saturday, September 25**  
**Saturday, October 23**

Pre-registration is required for each event and is 100% free! Please see the attached flier for more information.

[Click here to register!](#)

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CHECK US OUT ON  
SOCIAL MEDIA!





## Staff Spotlight: Molly Coleman

This month we are celebrating Molly Coleman (she/her/hers) who joined the MTGO team in January 2020! She earned her B.A. in Music Therapy at Seattle Pacific University and completed her clinical internship at The Music Therapy Center of California in San Diego. Molly also holds certifications in Neurologic Music Therapy (NMT), Music Together, Zumba Fitness, and Beat the Odds. In her spare time, she likes to crochet, garden, swing dance, and test out her standup jokes at local open mic nights. Click [here](#) or her photo on the left to read more about Molly or any one of our amazing staff members!

## Blog Highlights

New posts published monthly! Click on any of the links below to go directly to that post on our website, or click [here](#) or the image on the right to see all posts.

### Fun in the Sun: 10 Songs to Celebrate Summer!

- Check out these ten family-friendly songs which will have you and your loved ones movin' and groovin' to the beat.

### Youtube Channels that INSPIRE Us!

- Take a look at some of our favorite kid-friendly music YouTube channels we use all the time.

### 5 Fun Online Browser Based Music Making Resources

- No instruments? No problem! Making your own music is a breeze with these fun websites!



## A MESSAGE FROM OUR DIRECTOR, BESSIE BARTH

I want to thank each of you for continuing to work with Music To Grow On over this past year and a half as we have navigated a global pandemic and virtual services. Our success would not be possible without the support of parents and care providers. We have enjoyed working more closely with you and working together. It has been a hidden blessing for us to get to work with so many of you in a different way and join forces. As we begin moving back to in person services, we hope that we can keep our connections that we have built and continue to work together to help everyone reach their goals and potential!



# Southside Park Play Date



**This Accessible and Inclusive Playground is a place where children of all abilities can play and learn together, it's designed to remove all barriers to exclusion both physical and social.**

Our goal is to allow opportunities for children ages 3-12 of all abilities to play and socialize with new and old friends.

Parents/guardians will also be able to connect and share some of their own experiences, network with local resources available.

Free snacks, Fun activities, Games and More...**FREE to Everyone**, pre-registration is required, with registration available in early August.

## **2021 Play Date Schedule**

### **Saturdays**

Aug. 28<sup>th</sup> / Sept. 25<sup>th</sup> / Oct. 23<sup>rd</sup>

Time: 11:00 AM – 1:30 PM



**Location:**  
Southside Park  
2115 6<sup>th</sup> Street (at U Street)  
Sacramento, CA 95818



For more information on these programs and Access Leisure, please email Jenny Yarrow at [jyarrow@cityofsacramento.org](mailto:jyarrow@cityofsacramento.org)

# SOUTHSIDE PLAY DATE

*City of*  
**SACRAMENTO**  
Youth, Parks, & Community Enrichment

**DATES: AUG. 28 | SEP. 25 | OCT 23**

**TIME: 10AM-12PM**

**AGES: 3-12**



**SCAN ME**

For more information,  
contact Heather Kopf:  
[HKopf@cityofsacramento.org](mailto:HKopf@cityofsacramento.org)  
or (916)808-7970

Access Leisure and Southside Clubhouse are hosting a Play Date event at Southside Park. Are you ready to come out and play? We surely are. With social distancing guidelines in mind, join us for an inclusive play program! Play dates will include science, art, and music activities. This program is open to youth of all abilities.

Check-in at Southside Clubhouse to check-in and get your wristbands. The wristbands will allow you to visit each of the booths. Parents and/or care providers can connect, share their experiences, network, and learn about local resources available.