

# MUSICALLY SPEAKING

*Music To Grow On's Monthly Newsletter*



## Upcoming Event: 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 Saturday for interactive group music at Southside Park in Sacramento from 11:00-11:45! Recommended for children of all abilities ages 3-12.

**Saturday, October 23**

Pre-registration is required and can be completed by scanning the QR code on the attached flier with your mobile device OR by clicking the link below.

[Click here to register!](#)

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#### UPCOMING EVENTS:

**MUSIC AT  
SOUTHSIDE PARK**

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**STAFF SPOTLIGHT:  
SHANNON HALL**

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**HIGHLIGHTS FROM  
OUR BLOG**

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CHECK US OUT ON  
SOCIAL MEDIA!





## Staff Spotlight: Erika Lowenthal

This month we are celebrating Erika Lowenthal (she/her/hers) who joined the MTGO team in August 2020! She earned her B.A. in Music Therapy at the University of Miami and completed her clinical internship at Fulton County Schools in Atlanta, Georgia. Erika is also grateful for having had the opportunity to study abroad in England and Ghana. One of her favorite things about being a music therapist is the ability to make an impact through the use of music. In her free time, she loves to travel and hang out with her furry best friend, Simba! Click [here](#) or her photo on the left to read more about Erika 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.

### Music Therapy Halloween Interventions!

- It is officially spooky season, and what better way to celebrate than by incorporating some of these fun Halloween themed songs into your repertoire?!

### Singable Books to Use in Music Therapy

- Check out some engaging singable children's books based on animals or pre-existing songs!





# 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:  
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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.