

MUSIC, SENIOR CENTERS, AND QUALITY OF LIFE

Lisa Lehmborg and Victor Fung present a groundbreaking look at quality of life via the music participation of older adults in diverse US senior centers. The state of musical activities in senior centers pre- and mid-pandemic is elucidated through original research conducted in senior centers across six states. Featured are older adults' stories told in their own words; insights from senior center activity leaders, management, and staff; and data, analyses, and syntheses from the authors' senior center visits and a survey of center managers. The authors document the adjustment process undergone by these centers during the pandemic and leading into a new normal. Recommendations are offered for policy makers, school and community music educators, music activity leaders, older adults, caregivers, and service providers to enhance the quality of life of older adults. The critical role that music plays in supporting their quality of life is emphasized.

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Lisa J. Lehmborg , C. Victor Fung
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*To older adults everywhere, and to all who provide
services for older adults*

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