

Music for Seniors

Co-founded by Aleesha Katary,
Cathedral Girls' Choir Prefect/
Junior Organ Scholar

It has been tough for everyone during this pandemic, but especially for seniors and youth. Seniors have been dealing with isolation and loneliness while youth have been struggling with online school and finding ways to earn enough volunteer hours to graduate high school. Aleesha Katary created an initiative with her friend, Ally Guo, called **Music For Seniors**.

This initiative aims to connect youth and seniors in the community through their monthly virtual concerts. The virtual concerts feature art (musical performances and drawings) from local high school students and are shared with retirement homes, long-term care homes, and hospitals in Ottawa. **Music For Seniors** has recently completed their sixth virtual concert meaning that they have been successfully spreading the love and joy of art to seniors for half a year.



This initiative is a combination of two of Aleesha's interests: helping the community and music. Aside from co-founding this initiative, Aleesha has played a number of organ voluntaries at the Cathedral, St. Stephen's Anglican Church and Woodroffe United Church. She has taught piano to under-represented youth through the initiative **Missions Through Music** which is based in San Francisco. She is also an alumnus of the Ottawa Children's Chamber Choir and continues to be an active senior chorister in the Cathedral Girls' Choir. Please visit **Music For Seniors** on their social media pages and feel free to spread the word about this initiative to your friends and family.



Subscribe to *Music For Seniors*' Youtube Channel to see their future concerts:
<https://www.youtube.com/channel/UCGSypckNCK6jCmlYfDkHyxg>

Check out *Music For Seniors*' website to learn more:
<https://allyaleeshapassion.wixsite.com/musicforseniors>

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