

# DRUM CIRCLE



Laguna Woods Village®

**Performing Arts Center  
Tuesdays from 5:15 to 6:45 p.m.  
Free, drop-in class**

The heartbeat is the first rhythm we hear and feel. Drums are the first instruments that resonate with our body rhythms and that we can play easily. The act of drumming is good for our health and makes us happier, and drum circle provides an easy way to connect with others without words.

Circle leaders introduce rhythms played on djembes (African drums), hand drums and other percussion instruments. Participants learn to play together, creating uplifting music as a group and establishing a welcoming community. Some drums and shakers are provided.

All drumming ability levels are welcome, we find ways to help those with disabilities participate.

**CALL 949-597-4273 OR EMAIL [RECREATION@VMSINC.ORG](mailto:RECREATION@VMSINC.ORG)**

