



Big blackout is difficult to stop the body and mind happy and happy old man song and dance joy

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(Reporter Liang Yingxin San Francisco report) yesterday, many places in San Francisco by the power outage, resulting in a number of shops to suspend business, commercial activities pause. The Elderly Recreation Center [On Lok], 1333, Bush Street, was also affected by the blackout, and more than 20 elderly people were involved in music therapy. The sun through the semi-dark half of the interior, the elders with the drums, guitar sounding smile.

Jimmy said that this event was held by the center's special planning manager, Nicholas Sager, for at least once a month, hoping to drive the elderly through the music of joy and wake up their youth activities. Activities, I saw Nicholas Sager with exaggerated movements and dance steps to encourage the elderly to shake the hands of the rattles, tapping the national drum, we sing together more classic Chinese songs "jasmine" and "the moon on behalf of my heart", enjoyable.

65-year-old Chinese Ms. Zheng in the activities of considerable investment, but also in the crowd before singing a song, attracted applause from the audience.

She said she had participated in the activities for the third time. The elderly who participated in the music therapy had chronic diseases such as diabetes and high blood pressure. She was also plagued by rheumatism for many years. Through joyful music, she increased her attention and forgot her pain. Get together.

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