

Media Release



IMMEDIATE RELEASE
February 2017

Choir makes Fringe debut

If you could go back in time, what would you tell your teenage self?

This is the question members of the ACH Group Sing for Joy choir will ask – and answer – at their first ever live Fringe performance in March.

Aged up to 92 years, with an average age of 70, most choir members are more than twice the age of the average Fringe performer.

They'll draw on their collective wisdom when they sing their own song, 'Don't forget I wasn't always this age' inspired by Lukas Graham's smash hit 'Once I was seven years old'.

As well as covering songs by Carole King and Leonard Cohen, the choir will sing hits from recent years including Cold Play's 'Fix You', Rachel Platten's 'Fight Song' and 'Que Sera' by Justice Crew.

"You can always expect the unexpected with our choir performances," choir leader Angela Sharp says. "We're out to have fun, enjoy being together and show that age is just a number when it comes to sharing music."

Sing for Joy community choirs are based at Seaford, Glenelg, Payneham and Wynn Vale. The choirs are funded by The ACH Group Foundation for Older Australians and aim to help older people reconnect through singing and music.

The choirs perform at public events throughout the year. Last year's 'flash mob' event the Adelaide Airport, went viral on social media, reaching more than 80,000 people. (See the video at <https://www.youtube.com/watch?v=hpb8P00Vyso>)

Office for the Ageing Assistant Director Jeanette Walters has welcomed the inclusion of a group of older South Australians as Fringe performers.

"It is so exciting to see that the Sing for Joy choir is part of this year's Fringe," she says. "This is a great opportunity for the generations to come together and share the fun of music as artists and audiences."

Sing for Joy is an inclusive community project for older people funded by ACH Group Foundation that encourages older people to learn to sing and perform for local audiences and as part of a number of festivals in Adelaide.

The Adelaide Fringe is Australia's largest and most loved open-access arts festival. Artists and audiences travel from all over the world to experience the festival, which this year runs from 17 February to 19 March.

WHAT: Sing for Joy

WHEN: Sunday 5 March, 3pm to 4pm

WHERE: The Garage International @ NACC, 176 Tynte St, North Adelaide

COST: \$21.50; \$15 Concession; \$10 Child; Free with Companion Card

Find out more: Phone ACH Group on 1300 224 477 or visit <http://www.ach.org.au> ;
<https://www.adelaidefringe.com.au/fringetix/sing-for-joy>

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About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

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