

# DAG-SANGERNE PÅ SAGENE

A CHOIR for people with time during the day!



Bree Switzer, director

*Mental, physical and  
community health!*

Tuesdays, 10-11:30am, Sagene Samfunnshus  
We have space for new members!



Bydel Sagene  
Enhet for bærekraft



SILVERKING SINGING

**Bree Switzer** studied voice and composition at Selkirk College in Canada, and pedagogy and choral directing in England. She has led choirs and taught music and voice for 12 years.

**Philosophy:** Everyone can sing! We live during a time when many people think of singing as something that is just for some people. For “good singers.” But even though some people are out of practice because they haven’t sung much during their lives, everyone has the capacity. Regular singing is good for the body and the mind, and singing, especially with other people, makes people happier!

**Benefits of singing:** Singing is a great way to feel happy, and connected with others. Singing with others enhances listening skills, and releases endorphins, which give a lifted feeling and reduce stress. It also gets more oxygen into the bloodstream for better circulation, which tends to promote a good mood.

**Energized by singing!** Again and again people tell Bree that they get energy from singing. They say things like: *“I’m so glad that I came to choir today. I was tired that I almost didn’t come. And now I feel so much better, and full of energy!”*

**Dag-sangerne på Sagene:** Our international, multilingual choir is run in English in order to be open to those who have recently come to Norway, but we speak both Norwegian and English during the practices. We sing a cappella harmonies from different cultures, like Norway, England, Russia, Japan, Sweden, USA, and more. The choir has a wide age range and people’s backgrounds are varied. They love singing together and enjoy each other’s differences and similarities, of which the greatest is their love for singing.

**Repertoire:** We sing fairly simple songs, in order to always be open to new members, and that anyone can join, no matter what their experience. This choir has become a joyful and sweet part of many of the members’ lives and is something they look forward to each week.

**Join:** The choir aims to serve Sagene residents, but is open to everyone. If you want to sing with us, call or email Bree (info below).

**Book us:** The choir likes to sing for people. We are free on Tuesdays between about 10AM and 12PM, but if you need a different time, just call and we will try to find a time that works for you.

Contact the director, Bree Switzer:

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