



# m|t Making Live Music: Daily Resources

Here is a partial list of free events that will be streamed via Facebook LIVE or YouTube. We hope that this mini-listing helps you & our community to learn about offerings. Unless noted, it appears that all ages are welcome to participate. Please contact the linked providers with questions...

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## Monday, March 23, 2020

11am (EST) **Stories and Songs** with [Spectrum Creative Arts](#)  
Noon (EST) **Mid-Day Stretches** with [Spectrum Creative Arts](#)  
1pm (EST) **Sing Along** with [Creative Connections MT](#)  
1pm (EST) **Music & Mindfulness** with [Note-able Music Therapy Services](#)  
3pm (EST) **Mini Masterclass: Voice** with [Spectrum Creative Arts](#)

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## Tuesday, March 24, 2020

10am (EST) **Bloom In Music** with [The George Center](#) (young children & guardian)  
Noon (EST) **Mid-Day Stretches** with [Spectrum Creative Arts](#)  
1pm (EST) **Music & Mindfulness** with [Note-able Music Therapy Services](#)  
3pm (EST) **Mini Masterclass: Dance** with [Spectrum Creative Arts](#)  
7:30pm (EST) **Afternoon Musical Adventures** with [Note-able Music Therapy Services](#)

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## Wednesday, March 25, 2020

11am (EST) **Stories and Songs** with [Spectrum Creative Arts](#)  
Noon (EST) **Mid-Day Stretches** with [Spectrum Creative Arts](#)  
1pm (EST) **Music & Mindfulness** with [Note-able Music Therapy Services](#)  
3pm (EST) **Mini Masterclass: Art** with [Spectrum Creative Arts](#)  
5pm (EST) **Sing Along** with [Note-able Music Therapy Services](#)  
6pm (EST) **Dance Party** with [Note-able Music Therapy Services](#)

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## Thursday, March 26, 2020

Noon (EST) **Mid-Day Stretches** with [Spectrum Creative Arts](#)

1pm (EST) **Music & Mindfulness** with [Note-able Music Therapy Services](#)

3pm (EST) **Songs by the Stream: Viola/Violin Name That Tune** with [Piedmont Music Therapy, LLC](#)

3:00pm (EST) **Mini Masterclass: Instrumental** with [Spectrum Creative Arts](#)

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## Friday, March 27, 2020

11am (EST) **Stories and Songs** with [Spectrum Creative Arts](#)

Noon (EST) **Mid-Day Stretches** with [Spectrum Creative Arts](#)

1pm (EST) **Music & Mindfulness** with [Note-able Music Therapy Services](#)

3pm (EST) **Mini Masterclass: Theatre** with [Spectrum Creative Arts](#)

7pm (EST) **Relaxation & Meditation** Book with [Maple City Music Therapy](#)

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## Ongoing Availability

[Early Childhood Music Therapy Hub](#) provides excellent home based resources for families with young children.

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**[Piedmont Music Therapy, LLC](#)** serves individuals of all abilities in Greater Charlotte of the Carolinas. Interested in learning more about our services? Info is available on [Facebook](#), [PMT Website](#), [Blog](#) & [Instagram](#) @piedmontmusictherapy

