Date: Saturday, March 21st

Time: 2:00-2:50pm – Pre-Concert Activities
       2:30pm – Doors to hall are open
       3:00-4:00pm – Concert

Cost: $12, general admission to choose whichever seat makes you comfortable. Tickets will be fully refundable for guests who purchased ahead of time and feel they cannot make it to the concert on March 21st.

Location: Sandler Center for the Performing Arts, Miller Studio
          201 Market St
          Virginia Beach, VA 23462

Directions and Parking: Can be found at https://www.sandlercenter.org/directions-parking

Description of Show

Join us as we put melodies in motion! Familiar tunes will be performed by a VSO string quartet, while participants are led through fun and engaging movements including dancing, moving with scarves, and playing small handheld instruments. Board-certified music therapists from Tidewater Music Therapy will lead a fun, interactive, hour-long program for individuals of all ages and abilities. Mixed Abilities in Motion from TRDance Center will also lead a short, participatory demonstration.
• **Pre-Concert Activities**: Pre-concert activities will include a variety of crafts and participatory activities aimed at stimulating the senses in a variety of ways. Attendees will be able to choose the activities most appropriate for their preferred levels of sensory stimulation.
  o Organizations participating in the pre-concert activities will include:
    ▪ TRDance
    ▪ Tidewater Music Therapy
    ▪ And more!

• **What to wear/bring**: There is no official dress code for this performance, so feel free to wear whatever makes you feel the most comfortable. Along with your tickets and personal items, we allow any electronic devices needed for accommodation purposes throughout the hall. During the performance we ask that the volume is turned low and to be conscious of the volume while pieces are being performed. These devices may not be used for taking flash photography or audio/video recording purposes.

• **Quiet Space**: There will be a quiet area available for patrons to use at any time during the performance.

• **Performance Modifications**: House lights will remain on during the performance and audience members are welcome to leave and re-enter the hall at any time during the performance. The pieces selected for this performance include those with smooth transitions and an even flow between energetic, and calm and relaxing. There will be a range of seating options available including chairs, cushions, and carpets.

**Accessibility Services and Accommodations**

• The Sandler Center wants to ensure you enjoy your event from start to finish. We are always striving to have the most adaptable and accessible entertainment building.
• In addition to the main entrance, Bank and Commerce Street entrances are also wheelchair accessible. Once inside the Sandler Center, elevators are available to provide access between levels.
• Handicap Parking is available in the parking garage.
• [https://www.sandlercenter.org/plan-your-visit/accessibility](https://www.sandlercenter.org/plan-your-visit/accessibility)
• Large print programs will be available for this performance.
• An American Sign Language interpreter will be provided upon request. Requests must be made by Friday, March 13th.
• Communication Access Real-Time Translation (CART) captioning will be available upon request. Requests must be made by Friday, March 13th.

**Photography and Videos**

During your visit, you may be photographed by staff of the Virginia Symphony Orchestra, our contract photographer, or the media. For more information, please review our crowd release policy.
If you have any questions while at the Sandler Center for the Performing Arts, please see one of our trained ushers, volunteers, or staff members. We will be ready to assist you at any time during the lobby activities and performance.

Please visit https://virginiasymphony.org/open-doors/ for more information.