JAZZ JAMBALAYA | CALENDAR

25 March 2019
“Girls Night Out”
Rebecca Barry, Lizz Hough
Cheri Salvetti, Cynthia Domulot

22 April 2019
Jazz Appreciation Month
Jazzalea Awards
Location TBA

20 May 2019
24 June 2019
22 July 2019
26 August 2019
23 September 2019
28 October 2019
25 November 2019
16 December 2019

JAZZ CONNeCTIONS
webmaster@mojojazz.org
facebook.com/mojojazz/
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mojojazz.org

ADMISSION
$10 Members
$15 Guests
$12
Students | Military
w/ID
$10 Snowbirds w/ID
$1 Door Prize
Tickets

4th Monday
6:30pm
Ben May Main
Bernheim Hall
701 Government Street

ANNUAL MEMBERSHIP
January 1 – December 31 | $3 PayPal fee
Individual . $35 | Family . $55
Partners . Contact us

PRESENT CURRENT MOJO MEMBERSHIP CARD FOR DISCOUNT!
Cammie’s Old Dutch Ice Cream . 2511 Old Shell Road . Mobile, AL
251.471.1710

THANKS
Mobile Public Library
MOJO Board of Directors

PARTNERS

MOJO MYSTIC ORDER OF THE JAZZ OBSESSED

COASTAL ALABAMA COMMUNITY COLLEGE
JAZZ BAND
Rebecca Barry
Director

Hosea London . Developer

Monday
18 February 2019
Ben May Main
Bernheim Hall
Affiliations

mojojazz.org
a 501c3 non-profit
MIND, BODY & JAZZ...

How Jazz Can Improve Your Health
Listening to jazz has potential benefits for your health as varied as the genre itself. The innovative riffs, cool tones and complex rhythms can bring natural relief for mind and body.

MIND
Listening to jazz can actually have an effect on the type of brain waves you produce – which can be stimulating or relaxing.

FOCUS AND ENERGY
Listening to upbeat music can
- Help you focus and raise your heart rate
- Provide motivation and reduce fatigue during a workout
- Target beats per minute (BPM) should match your heart rate during workout
  - Walking – 115 to 118 BPM “Let the Good Times Roll”
  - Power walking – 137 to 139 BPM “Don’t Get Around Much Anymore”
  - Running – 147 to 160 BPM “Tuxedo Junction”
- Boost your productivity at work

STRESS RELIEF
Listening to relaxing jazz is just as effective at reducing anxiety as a massage.
- ALPHA brain waves (8 to 14 hertz)
  Listening to music around 60 BPM’s can cause the brain to synchronize with the beat, resulting in alpha brainwaves. They make you relaxed but conscious.
- DELTA brain waves (under 4 hertz)
  Listening to calming music in a relaxed position for at least 45 minutes produces delta brainwaves which can induce sleep… better sleep.
- THETA brain waves (4-8 hertz)
  Listening to the distinctive syncopation of some jazz can bring about theta brain waves, the most highly creative brain wave. They inspire new insights and solutions to unresolved problems (“Aha!” moments).

BETTER SLEEP
Studies show that just 45 minutes of soft, slow music (60-80 BPM) like jazz, before bedtime results in better and longer nighttime sleep as well as less dysfunction during the day.
- After 1 week, 26% were sleeping better
- After 3 weeks, 35% were sleeping better

LESS DEPRESSION
After listening to jazz for an hour every day for a week, listeners had 25% less depression than non-listeners.

BODY
Since stress is the root of many health problems, the relaxing effect of jazz can have incredible healing influence. It physically changes your body by lowering your heart and respiratory rate.

jazz on the coast...
Thursday, 2.21.19, 7-10 pm  The Mobile Jazz Club  The Blind Mule, N. Claiborne St., Mobile, AL

Saturday, 2.23.19, 7-10pm  City Rhythm Big Band  Loxley Civic Center, 4198 Municipal Park Dr., Loxley, AL  $10
Saturday, 2.23.19, 7:30-11:30pm  D Saunders & Dei One  Satchmo’s Jazz Cafe, 2515, 10206 Seymour Ave, D’Iberville, MS  $10-$15
Sunday, 2.24.19, 3-6pm  Dara Factor  Murky Waters BBQ, 1320 27th Ave, Gulfport, MS

Sunday, 2.24.19, 4-7pm  Gulf Coast Jazz Society Jazz Jam Session  Ohr-O’Keefe Museum of Art, 386 Beach Blvd., Biloxi, MS  $10

february birthdays...
Judy Aronson  Gale Joshua
Donnie Barnett  Steve Katz
Angie Cerrato  Janice Moore
Aurelia Chestang  Thomas Thomas
Bobby Dansley  Angela Underdown
Rhoda Herzog  Justine Ward
Randy Lee Hines  Slim Washington