MINNESOTA ORCHESTRA

SENSORY-FRIENDLY CONCERT

Saturday, October 14, 2023, 11am

PRE-VISIT STORY
I am going to a Sensory-Friendly Concert.

The Sensory-Friendly Concert is at Orchestra Hall in downtown Minneapolis.
There are three entrances to Orchestra Hall. They lead to the main lobby.
If I enter through the skyway, I will walk down the stairs or take the elevator or escalator.
The concert is in the Target Atrium.

The Target Atrium is a room on the main floor of Orchestra Hall. It has lots of big windows and can be bright. I can bring sunglasses to wear if the light is too bright.
If I need to use the bathroom, there is a bathroom on the lower floor of Orchestra Hall.

I can use the stairs or the elevator to get to the bathroom.

The sound of the toilets flushing or the blow dryers blowing may be loud, but it will only be for a short time.
Masks are not required at Orchestra Hall, but I can wear one if I want to.

Other people may wear a mask if they want to.
When I enter the Target Atrium, I will give my ticket to the usher. The usher is a friendly helper who will use a scanning machine to check my ticket.
I can take a program guide for the concert when I enter the Target Atrium.

It will tell me information about the musicians and instruments.
Lyndie Walker will host the concert.

Lyndie is a board-certified music therapist. She will tell us what is going to happen during the concert.
Michael Sutton is a musician who will play music on the concert. Michael is a violinist. He will tell us about his violin and about the music that he will play.
During the concert, I will sit in my chair or on a carpet square on the floor. I can get up if my body needs to move.

If I like loud sounds, I can sit in front close to the musician.

If I like quiet sounds, I can sit in the back.
There will be time to ask the musician questions during the concert.

Lyndie can help me ask Michael questions and learn more about his instrument.
Volunteers are helpers at the concert.

If I need help, I can ask a volunteer for headphones, fidgets, or a quiet space for my body.
If I want to watch the musician somewhere else, I can leave the Target Atrium. I can take a walk or find a quiet space. I can go back to the Target Atrium when my body feels ready.
At the end of the concert, I can make music too. I can choose ways to move my body, or I can sing “The More We Get Together” with the group.

I can stand or sit by my chair during the song. The words are printed in the program.
When I’m done, I will move back through the lobby and exit the building with a helper to go home.