



Memoirs of A Secret Pianist: Learning the Piano in Later Life

Robert M. Fells

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Many of us baby boomers learned to play a musical instrument in our youth, and typically left that skill behind with our youth as well. Yet today studies have established that learning a musical instrument is one of the best ways to keep the aging brain agile and retentive. This finding is especially true for playing, or even trying to play, the piano. Learning the piano in later life is strictly a hobby and like any hobby, it should be fun. The author has discovered a secret about becoming a pianist in later life: you don't have to be very good at it to derive enjoyment from playing, for others to enjoy hearing you play, and to help keep your mind thinking young. Your ultimate goal is to become an independent pianist, not tethered to exercise books or grade level-type of instruction books. You play what you like and like what you play.

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