

# FREE|NOTES

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## Harmony in Community: Musical Instruments for Public Spaces



# Harmony in Community:

## Musical Instruments for Public Spaces

### A Truly Inclusive Community

From playgrounds designed for young children to skate parks built for teens, many public spaces serve specific groups while leaving others on the sidelines. This often limits opportunities for intergenerational connection and broader community engagement. Today, the need for shared, interactive spaces that welcome people of all ages and abilities is greater than ever.

Freenotes Harmony Park instruments offer a meaningful solution, transforming public areas into vibrant musical parks where everyone can connect, create, and thrive.

### The Universal Language of Music

Freenotes Harmony Park instruments are true pentatonic-scale instruments that are both sculptural and interactive. Tuned so every note is harmonious, they invite improvisation and ensure creative success for every player, regardless of musical experience. Crafted from durable materials to withstand any climate, they are designed for long-lasting enjoyment in any outdoor setting.

As Ludwig van Beethoven said, “Music is the electrical soil in which the spirit lives, thinks, and invents.” Freenotes instruments bring this idea to life, sparking curiosity and fostering a love for music in a spontaneous, low-pressure environment.

### The Transformative Benefits of Playing Music

The impact of making music extends far beyond recreation. Research shows that music engagement benefits physical health, emotional well-being, and social connection at every age.

- **Cognitive and Emotional Well-being:** Playing an instrument can enhance memory and concentration, reduce anxiety, and promote a sense of calm and happiness.<sup>1</sup>
- **Physical Health:** Musical play supports coordination, regulates heart rate and blood pressure, and can improve auditory health in older adults.<sup>2</sup>
- **Social Connections:** Music naturally brings people together. Playing alongside others builds communication skills, reduces loneliness, and fosters a sense of belonging. In community music programs, 95 percent of participants report feeling more connected to others.<sup>3</sup>

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<sup>1</sup> American Music Therapy Association research shows that music therapy can reduce anxiety and promote emotional well-being, making it an effective tool for individuals of all ages and abilities.

<sup>2</sup> Studies on active music-making among older adults indicate improvements in coordination, balance, and physical health, along with enhanced well-being.

<sup>3</sup> Findings from the International Journal of Community Music highlight music's role in fostering connection and reducing social isolation, with the majority of participants reporting stronger ties to their community.

## Redefining Public Parks: A Place for Everyone

Freenotes musical parks create spaces that go beyond traditional park concepts by combining art, music, and interaction in ways that appeal to diverse audiences.

Beyond the...	Traditional Experience	Freenotes Experience
Playgrounds	Primarily designed for children	Welcomes teens, adults, and seniors, fostering intergenerational connections
Trails & Pathways	Visitors simply pass through	Invites people to pause, create, connect, and engage their senses
Sculptures	Public art is often only visual	Combines art and interaction, sparking creative engagement

## Harmony in Motion

- **Public Parks:** Communities in Littleton, New Hampshire, and Kincardine, Canada, have embraced Freenotes installations as sources of pride and gathering places for people of all ages. One local resident noted, *"Everyone can participate,"* capturing the essence of their appeal.
- **Therapeutic and Educational Spaces:** Schools, hospitals, senior living centers, and museums use Freenotes instruments to support cognitive health, improve motor skills, and encourage emotional regulation.



**Belle Plaine, KS:** Freenotes Harmony Park create moments of joy and connection between generations.

## Conclusion: Creating Spaces for Joy & Connection

Freenotes Musical Parks bring art, health, and community engagement together in one harmonious experience. By transforming public spaces into inclusive environments where everyone can make music, they create lasting opportunities for joy, connection, and belonging.

### Join the movement to bring music outdoors.

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## References

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