

Theatre



Objective:

The aim of this activity is to give elderly the opportunity to experience a theater performance online. The aim is to promote cultural stimulation, access to arts and culture regardless of physical limitations, and provide a meaningful and entertaining experience for older people.

Description of how to do the activity:

- Choose a theater performance that is available online and that is suitable for older participants. It can be a classic play, a musical or a modern theater production.
- Show the theater performance online on the big screen and let the participants enjoy the performance in their comfortable seats.
- After the performance, start a discussion with the participants and let them reflect on their impressions and opinions about the performance.

What is needed to carry out the activity:

- Access to a computer, tablet or smart TV with an internet connection.
- Comfortable seating for participants.

Example of online theater shows:

<https://www.youtube.com/theshowsmustgoon>

https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html/

**Time required:**

The time of the activity depends on the length of the theatre performance and the length of the discussion afterwards.

**Alone or in a group:**

The activity can be carried out both individually and in groups. If done in a group, it can promote social interaction and enable discussion of the performance with other participants. However, it can also be a meaningful and individual experience when viewed alone, especially if older people prefer it.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal