Move to Music

Objective:
The goal of this activity is to promote physical activity, increase mobility, and allow elderly to enjoy music simultaneously. The activity also aims to improve mood and create a sense of joy and well-being.

Description of how the activity should be conducted:

- Prepare a suitable space for the activity, with enough room to move.
- Select an uplifting music playlist with a variety of songs.
- Play the music and encourage the elderly to start moving in time with the music. They can dance, clap their hands, sway their bodies, or perform other simple movements depending on their ability and comfort. Vary the movements and styles based on the tempo and mood of the music.
- Encourage participants to sing along with the songs if they feel comfortable doing so.
- Promote interaction by including common movements or simple partner dances.

What is needed to conduct the activity:

- A music player or a computer with speakers to play the music.
- An uplifting music playlist with various songs that suit the participants' tastes.
- Comfortable clothing and suitable shoes for movement.
- A space with enough room to move.

Here are some examples of songs that may be suitable for use in a music activity for the elderly:

- *The Beatles - "Here Comes the Sun"*
- *Nat King Cole - "Unforgettable"*
- *Glenn Miller - "In the Mood"*
- *Dean Martin - "Volare"*

Time: Short   **Activity: Activating**   **Fellowship: Together**

The time for the activity may vary depending on participants' preferences and physical condition. The activity can be as short as 15 minutes. It's essential to adapt the activity to the elderly person's ability and interest.

This activity can be conducted in a group and can be adapted to individual needs and abilities.