

## Disco dance



### Objective:

The aim of this activity is to promote physical activity, enjoyment and social interaction in elderly. By dancing to disco music, participants can improve mobility and cardiovascular health while having fun and building community.

### Description of the activity:

- Choose a suitable place with plenty of room to move.
- Start the music and set the volume to a comfortable level.
- Start dancing to the beat and rhythm of each song
- It is important to pay attention to participants' needs and abilities and to create an inclusive and supportive environment.

### Examples of disco dances:

- <https://www.youtube.com/watch?v=-AeKzy48LYk>
- <https://youtu.be/vZJ02gfsp0o?si=Vn8zajLaCj6OHnQ4>
- <https://youtu.be/kv9rfbjyZ4?si=qX7WQxGV-cldxWuc>
- <https://youtu.be/UZWKRiWvxV4?si=kS2yj1FXdHWWaQ3d>
- <https://youtu.be/PPUbP7jdHM0?si=6mA3qenQ2KMy9Om->
- [https://youtu.be/0ZRzuhDKHa8?si=dVleScQRF\\_nyKPJy](https://youtu.be/0ZRzuhDKHa8?si=dVleScQRF_nyKPJy)
- [https://youtu.be/Wtj0KN\\_qewY?si=FJrZvSItb332-6Xu](https://youtu.be/Wtj0KN_qewY?si=FJrZvSItb332-6Xu)
- [https://youtu.be/df\\_K4P8xW3U?si=mvBsqASxAz9Ha11G](https://youtu.be/df_K4P8xW3U?si=mvBsqASxAz9Ha11G)
- <https://youtu.be/cZ9CusCOheQ?si=Cf-WR4AbCq79shyk>

**What is needed to carry out the activity:**

- A music player or computer with speakers.
- Enough space to dance safely.
- Chairs to sit on.

**Time required:**

The activity can be as short or as long as participants wish. A recommendation is to dance to each song with short breaks between songs to rest and hydrate. It may be appropriate to start with one or two songs and gradually increase the length of the disco dance sessions based on the fitness and energy level of the participants. Usually the activity takes about 30 minutes to complete.

**Alone or in a Group:**

Disco dancing for seniors can be performed in a group. Dancing in a group can increase social interaction and create a festive atmosphere. It is important to adapt the activity to the physical ability of the participants and to create a positive and supportive environment where everyone can enjoy the dance and music.

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