

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

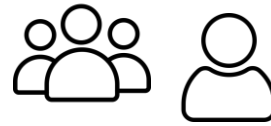
**Time: Long**



**Activity: Calming or activating**



**Fellowship: Together or alone**



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

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