

## Look at a classical concert on TV



### Objective:

The aim of this activity is to provide the elderly person with the opportunity to enjoy a concert experience within the comfort of their own space. By watching and listening to a classical music concert on TV, they can experience the joy and beauty of live performances and musical art. The goal is to create a meaningful and cultural experience.

### Description of how the activity should be done:

- Select a time that suits the elderly person and ensure the TV and sound system are ready for use.
- Choose a classical music concert to watch on TV. Ensure the TV is tuned to the correct channel or that you have access to the chosen concert via a streaming service or DVD.
- Explain to the elderly that they will be watching a classical music concert on TV.
- Start the concert on TV and sit together with the elderly to enjoy the performance.
- After the concert ends, you can discuss the experience. Ask the elderly person if they enjoyed the concert and if there was anything particular they noticed during the performance.

### What is needed to perform the activity:

- A TV with access to the chosen concert.
- A functioning sound system to ensure good sound quality.
- "Concerts available to attend online:  
<https://www.youtube.com/playlist?list=PLGUc1mZt9dIIEDCO1pqGNDP-Wzv0x-rj>  
<https://bachtrack.com/search-events/livestream=1>  
<https://www.youtube.com/user/Lso>

**Time: Long**



**Activity: Calming**



**Fellowship: Alone**



The length of the concert varies depending on the chosen piece. A typical classical music concert can last between 1 to 2 hours. The activity can be as short or long as the elderly person desires.

This activity can be done alone; it is designed to be enjoyed as a personal concert experience.

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