

### **Music & Movement Program**

Classes last for approximately 55 minutes and feature musical accompaniment while singing, stretching, and playing instruments in a social environment designed for seniors.

#### **Tools needed:**

- Compilation CD of music produced at TeshMedia
- Simple percussion instruments such as maracas, shakers, claves, tambourines, single drum, drum sticks, triangles etc.
- CD player (many times the facility can provide this)
- Lyrics to the songs

#### **Breakdown of the 55 minute program:**

Place chairs in a semi-circle and leave ample room for wheelchairs/beds. Instructors should be able to walk between the wheelchairs to have access to residents who may be in the rear of the room. This adds to the group dynamic and enriches the social environment. Make sure to have at least one or more staff member present that can assist with residents and encourage participation.

#### **10 Minutes – Set up and introduction/ice breakers** (creation of a fun social environment).

Ideas: sing Happy Birthday to a resident, Have everyone introduce themselves and share one thing they enjoy doing – For example - My name is Jordan and I like to ride mountain bikes.

#### **15 Minutes 3 to 4 songs – Play instruments along to music.** Pass out instruments.

Participants will be playing along to the beat of the music with the instruments. For those who do not want an instrument to play, they can clap their hands, snap their fingers or sway with the music. (Walk around the room as you play and encourage everyone to get involved, make sure to give attention to everyone).

#### **15 Minutes 3 to 4 songs – Sing familiar songs along to music.** Pass out lyrics to those

who want them. Sing along to familiar songs like *Amazing Grace* and *New York, New York*. Choose appropriate songs from the residents' time period and cultural background that most people will know.

#### **15 Minutes 3 to 4 songs – Relaxing, listening, stretching to slower music.** (See 'Stretch Manual' PDF file)

**5 Minutes –** Personally thank the residents for having you as their guests. Engage in short conversations with residents to help establish rapport.

The key to the Music & Movement program is that the residents have fun, enjoy the music, move around, and engage in social interaction. The instructors should try to be as personable as possible with each of the residents. The facility staff is strongly encouraged to

participate in the class and to be in close proximity in case there are personal and/or medical needs to be attended to.

Each class should end with the instructors making some final contact with the residents thanking each one for attending the class and for their participation. Instructors will also determine with the activities director if there is an interest for a return visit to the facility to teach the class again. Hand out Sellecca|Tesh Foundation flyers to the employees and any family that participated. (To obtain flyers, e-mail us at [selleccatesh@tesh.com](mailto:selleccatesh@tesh.com)) It is also encouraged to mention that The Sellecca|Tesh Foundation does accept donations.