Singing Moves Seniors

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Procedure
- Started at the Adult Education Centre of Jyväskylä Region 2005
- The second phase was a part of the Senior Citizenship Project administrated by the Alkio College during 2007-2008
- Both the Adult Education Centre of Jyväskylä and Alkio College have continued to offer Senior Citizenship Activities developed in the projects

Background
- Based on the funding awarded by The Finnish National Board of Education for studies in the health promotion for seniors
- Theoretically based on the results of Finnish and international studies on social capital and wellbeing
- Live music either sung or played moves the body as well as the mind

Goals
- To promote and maintain the physical and psycho-social wellbeing of senior citizens by using the tools and methods of singing and moving
- To use activities and models of culture and arts to maintain the abilities to cope with the tasks of everyday life

Methods
- Activity sessions and events in old people’s homes and service centres for seniors
- Students of music therapy, students of health and sport and the musicians of a folk music group for senior citizens acting as guides and tutors for the project participants
- Songs and melodies of the “good old times” inspiring the participants for reminiscence and discussion on the life

Conclusions
- Music and moving is an important part of life-long learning
- Music education should have a more important role in senior citizens life than what it has now

Resources

References


