

Sample format from an actual Big Band Musical Program

Days: Monday & Wednesday at 1:00 pm (held jointly with Day Program)

Evenings: Tuesdays & Thursdays at 6:15 pm by evening staff

Resident group: Jenny, Mona, Elsie, Betty, Ben, Harold, Kate, Marge, Rena, Mary, Anne, Ralph

Preparation:

- Set-up room with chairs in a circle or oval
- have instruments available on cart or table
- have song sheets with enlarged print available
- ready music tapes, CD's, or live music
- go over format according to written outline of program for your group

Facilitator roles:

- Gather residents. One facilitator stays in the room to play warm up music, and greet guests by shaking hands, introducing self, telling them that you are glad they have come to join you and asking if they like music. Show enthusiasm for the program they will attend: "We are going to have a good time, play music, sing, dance and liven this place up, can you help?" (Will need at least 3 people to gather residents effectively. Ask staff on units to have residents ready and at the activity on time if possible).
- Motivate residents to sing, dance, sway to music, clap hands, and enjoy songs from the past by sparking their energy with your energy and enthusiasm for the activity.
- Be vigilant to cue residents as needed to participate and play instruments.
- The main objective of the Big Band Musical Program is to have the residents engage in the music activities, as much as, or as little as, they are comfortable with and to have fun and form new, peer relationships with staff in a social setting. As residents become accustomed to the ritual that is repeated at every group, they begin to participate in more ways.
- Serve as leaders and show the residents what to do for each song by doing it themselves.
- Learn to relate and model new ways of relating to residents in this setting.

Format: Meet at least twice a week, with the same core group, and any interested guests, to enjoy music by singing, dancing, laughing, swaying, playing instruments, clapping hands, holding hands, and, reminiscing to the music. All observers should be invited to join the group and participate in what ever way they feel comfortable. We do not allow staff members or others to observe the group from behind, as this is very distracting, upsetting, and disrespectful to the group.

Music Program:

1. As people enter the room they are greeted by a facilitator with a welcome, a handshake and a smile. They choose their instrument from the instrument cart. Warm up music is played at this time to set the mood. Pick a lively Big Band theme song that can be played to signal start of Big Band every time, so that when staff and residents hear the music they know Big Band is about to start.
2. When everyone is ready, we go around the room and everyone introduces themselves if the group is small.

3. For each song we do a different movement.
4. We sometimes have everyone, staff and residents, write down their favorite song and put it into a basket, then have someone pick a song out of the basket for the group to sing during the sing-along.
5. After each song, or a set of songs, we ask the group if anyone has fond memories of the song and encourage them to share them.
6. The session lasts about 45 minutes.
7. We play the song "Good-bye, Farewell" from Sound of Music as a closing song. We say good-bye to everyone, thank them for coming, mention their contribution to the group and ask them if they'd like a hug!

We have tried different groups of songs, and changed songs as residents preferences became known. We added more dancing songs like polkas, patriotic songs, marches and songs with names of residents and staff. We continue to add songs as requested by the group.

Music program - songs enjoyed by residents at our home:

1. "I've Been Working On The Railroad" - clap hands and sing.
2. "When The Saints Go Marching In" - play instruments and sing.
3. "You Are My Sunshine" - play instruments and sing.
4. "Yankee Doodle Dandy" - play instruments and sing.
5. "You're A Grand Old Flag" - clap, play instruments and sing.
6. "I'm Over Looking A Four Leaf Clover" - sing.
7. "Battle Hymn Of The Republic" - sing and sway.
8. "When Irish Eyes Are Smiling" - sing and hold hands.
9. "Red, Red, Robin" - sing and dance.
10. "Happy Days Are Here Again" - play instruments and sing.
11. "Good-bye, Farewell" - sing and start getting up to go.

Alternate music program enjoyed by residents:

Participate to music on tape:

1. "Grand March" - play instruments.
2. "March Of The Toys" - play instruments and march.
3. "Happy Days Are Here Again" - play instruments and sing.
4. "I'm Looking Over A Four Leaf Clover" - sing and clap.

Sing-Along-Songs - without music (resident's choice, led by facilitator or resident):

1. "When Irish Eyes Are Smiling" - sing and sway.
2. "I've Been Working On The Railroad" - sing and clap hands.

3. "You Are My Sunshine" - sing and sway.

Participate to music on tape:

1. "Side By Side" - play instruments and sing.

2. "Red, Red, Robin" - sing and clap hands.

3. "Baby Face" - Play instruments and sing.

4. "It Had To Be You" - sing and clap.

5. "Yankee Doodle" - Sing and clap.

6. "You're A Grand Old Flag" - sing and clap.

7. "Don't Sit Under The Apple Tree" - sing.

8. "Maple Leaf Rag" - play instruments and sing.

9. "America The Beautiful" - sing and sway.

10. "Battle Hymn Of The Republic" - sing and march.

11. "God Bless America" - sing, sway and hold hands.

12. *"Lonely Goatherd" song (from Sound of Music) - the favorite song of our group: everyone sings, claps hands, try to yodel and many, get up to dance.*

13. "Edelweiss" - sing and sway.

14. "So Long, Farewell" - sing and dance.