**Dance**

**Needed:**

* CD player
* CD with oldies music: country, Motown, rock and roll work best

**Reason:**

* Encourages movement of entire body
* Fun activity that many residents enjoy

**Directions For Staff:**

* Play music and invite residents to dance in standing or sitting.
* Individually invite residents to dance with you.
* Encourage residents who can’t stand and dance to sit and clap or stomp their feet