

DANCE FOR DAYS

A BLAST FROM THE PAST...

BOOGIE AND JIVE TO A

COMPILATION OF GOLDEN HITS



HOW TO USE

- **Equipment needed:** Device to play music
- **Players needed:** On your own or in a group
- Use a mobile device to scan the QR codes below, choose either Spotify or YouTube
- Dance, move and shake in whatever way you enjoy to these favourite hits!

Golden Carers:
Hits from the 40s, 50s and 60s
(more playlists available)



Golden Carers Youtube
www.youtube.com/GoldenCarers/playlists



Golden Carers Spotify
open.spotify.com/goldencarers



UP FOR A CHALLENGE?

- Try creating an exercise routine to certain songs and remembering the routine for next time.

SKILLS

- Fitness
- Coordination
- Stamina

YOUTUBE OR SPOTIFY?

- YouTube is free. There is a free version of Spotify but it does include regular adverts.
- In Spotify, it is easier to create your own playlists than in YouTube.
- The quality of the sound is often better on Spotify.
- It can be fun to watch the music videos on YouTube. Spotify is for listening to music only.

LET'S
GET
MOVING