



Covid-19 has increased isolation worldwide.

Alive Together aims to connect us — through the power of music, movement and human connection.

JOIN US!

**ARE YOU FEELING LONELY?
ISOLATED?**

DO YOU MISS?

- Music
- Singing
- Reminiscing
- Connecting w/ youth
- Dancing
- Feeling joy
- Laughing



Alive Together is a four-week virtual program connecting generations through music & movement activities.

Build your immunity with community!

WOULD YOU LIKE TO FEEL?

- Increased sense of connection to yourself and others
- Increased joy & happiness
- Improved mobility
- Improved cognition

OUR PROGRAM IS FUN, ENGAGING AND HAS SIGNIFICANT HEALTH BENEFITS!



**ZOOM MEETING
LOCATION**

We meet virtually **from the comfort of your home** on Zoom each week for 90 minutes.

YOU DO NOT HAVE TO HAVE ANY MUSIC OR DANCE EXPERIENCE TO JOIN!

TO JOIN CONTACT
JULIA@EVERYELDER.ORG
917-742-9141

THIS PROGRAM IS
FREE
(4 WEEK COMMITMENT IS REQUIRED)

OUR PARTNERS

UCLArts & Healing

alma
ADDRESSING LONELINESS WITH
MOVEMENT & ART





Alive Together

HARMONIZING GENERATIONS THROUGH MUSIC AND MOVEMENT

Participation requirements:

We are looking for 6-8 older adult seniors who:

1. Live at home or in independent or assisted living
2. Are isolated or identify as feeling lonely
3. Are impacted by Covid-19 in some way (e.g. Don't have access to their regular senior centers / communities, or are isolated from loved ones / friends / activities, etc.)
4. Have access to a computer AND stable internet connection
5. Can manage Zoom calls independently or have someone to help each time. (We will have Zoom tutorials)
6. Are okay with Zoom calls being recorded and potentially featured in a documentary (and would sign related waiver)
7. Can commit to a 90-min session once a week for 4 consecutive weeks
8. Would **enjoy** music, movement, and connecting with youth!

Remember, you do **NOT** have to have any music or dance experience to join!

***While this specific program is not suitable for seniors with advanced dementia or those living in nursing homes, individuals with mild cognitive impairment and living independently are welcome ***

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If you meet the above criteria & are interested,
Contact Julia: E: Julia@everyelder.org
P: 917-742-9141