



NATIONAL ASSISTED LIVING WEEK® • SEP 7-13, 2025

# Musical Journeys



# Musical Journeys

## Facilitator Guide

### Overview

This lively group activity combines music, memories, and a sense of adventure. Using a playlist of holiday and travel-themed songs, participants try to guess the song title, the artist, and for a bonus point the year it was released. The aim is not only to have fun guessing but to spark conversations about holidays, travel, and adventures from years gone by.

### You will need

- A music streaming service such as Spotify, Apple Music, or YouTube.
- A device to play music through (laptop, tablet, or phone).
- Speakers loud enough for the group to hear clearly.
- A notepad or printed score sheet if you want to keep track of points.

### Preparation

1. Create or download the playlist on your chosen platform to avoid delays during the activity.
2. Test your speaker volume so music is clear but not uncomfortably loud.
3. Arrange the seating so everyone can see and hear you easily.
4. Keep the song list hidden from participants so each track is a surprise.
5. Have a pen and paper handy if you want to note any comments, memories, or song requests from residents during the session.

### How to run the session

1. Introduce the theme. Explain that you'll be playing short clips of well-known songs connected to holidays, travel, or adventure.
2. Play a short section (around 15–30 seconds) of the first song.
3. Ask the group if anyone knows:
  - The song title
  - The artist
  - The year of release (bonus point)
4. Reveal the answer and, if appropriate, share a small piece of trivia about the song or prompt using one of the reminiscence questions.
5. Allow a little time for conversation or memories linked to the song's theme, this could be a holiday they remember, a place they've visited, or a trip they've always wanted to take.
6. Move on to the next song and repeat.

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### Facilitator tips

- Encourage all answers. Someone might not know the title but may hum along or recall a story. That's a success.
- Be mindful of pace. Keep things moving, but pause long enough to enjoy the conversations that songs may spark.
- Mix familiar and slightly less obvious tracks. This helps keep interest levels high.
- Invite singing along. If residents start singing, let them — this adds to the joy.
- Adjust for your group. If guessing the year is too tricky, keep it optional or simply share it yourself.

### Ageless Adventure – Musical Journeys Playlist

Spotify Link: <https://open.spotify.com/playlist/4Voke1S469BTyanVXJuY43?si=KvbnNEkHQaGWYs8JnKVcmw>

A mix of classic travel, holiday, and adventure-themed songs across decades:

1. Route 66 – Nat King Cole (1946)
2. Leaving on a Jet Plane – Peter, Paul and Mary (1969)
3. Born to Be Wild – Steppenwolf (1968)
4. I'm Gonna Be (500 Miles) – The Proclaimers (1988)
5. Holiday – Madonna (1983)
6. Come Fly with Me – Frank Sinatra (1958)
7. Africa – Toto (1982)
8. On the Road Again – Willie Nelson (1980)
9. Travellin' Man – Ricky Nelson (1961)
10. Kokomo – The Beach Boys (1988)
11. Don't Stop Believin' – Journey (1981)
12. California Dreamin' – The Mamas & The Papas (1965)
13. Viva Las Vegas – Elvis Presley (1964)
14. Orinoco Flow – Enya (1988)
15. Walk Like an Egyptian – The Bangles (1986)

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### Reminiscence prompts

At the end of each song, you can spark conversation with questions such as:

- Have you ever been to the place mentioned in this song?
- What's the furthest trip you've taken?
- Do you remember a song that reminds you of a particular holiday or trip?

### Twists and variations

- Picture Round: Show a travel-related image that matches the song before or after playing it (e.g., a photo of Las Vegas for "Viva Las Vegas").
- Sing the Next Line: Pause the song mid-lyric and see if anyone can sing the next line.
- Mini Dance Break: Choose one or two upbeat tracks in the list and invite gentle movement or clapping along.
- Themed Dress-up: Staff and residents can wear holiday hats, sunglasses, or colourful scarves for added fun.