

Activity Resource: Therapeutic Music

Therapeutic Music from Coro Health

LifeShare provides music content from its therapeutic music partner, Coro Health, to assist active seniors. The music helps enhance the overall living experience and provide proven therapeutic benefits that positively impact both the physical and mental well-being of individuals. Activities teams can use these resources in group settings and access music on-demand.

How To Access Music On-Demand

All music genres can be accessed on the CommunityShare through on-demand. If the slideshow is currently playing, push the black LS button on the remote to get to the Home Channel. Choose the option "Listen to Music." There are many music genres from country to jazz, but there are also playlists catered to activities from baking to happy hour. There is something for everyone and every activity!

Navigating Music On-Demand

When picking music, it is important to keep in mind that the music programs are divided into Supportive, Activity, Dining and Sundowning functions. Within each category, there are options for music style preferences and are even sub-categories. Visit the LifeShare help page to see the complete list of Coro Music Content. We suggest Using the Supportive and Activity Playlist when using on-demand. The Supportive Playlists are access to different music genres, while the Activity Playlists are created with specific activities in mind.

Playing Games With Music On-Demand

LifeShare CommunityShare games includes Name that Croon which allows players to guess that artist of songs that are played. However, there are other games that can be played in a group setting in conjunction with on-demand music. While playing music on-demand you can play, pause, and skip to the next song to help you play some of the following musical games:

Hot Potato- Pass an object until the music stops.

Musical Masterpieces- Draw a picture until the music stops. Pass the picture to the next person. Add to your new picture until the music stops.

Freeze Dance- Dance until the music stops. Dancing can be done standing or sitting.

Sing Along- Skip unfamiliar songs, but sing along with those familiar.

You can also use CommunityShare music on-demand to enhance your fitness activities.