



Drums Alive® Golden Beats

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Partnered with



Discover Drums Alive—a research-based, fun, exciting and multidisciplinary musical, movement and drumming experience. Drums Alive Golden Beats provides a safe, comfortable and welcoming environment that uses low/non-impact brain and body activities tailored for older adults to increase motivation, compliance and social confidence. These factors directly contribute to significant improvements in functional and daily living skills and an increased sense of well-being and quality of life -- regardless of age or ability.



**When I drum and dance, I'M HAVING SO MUCH FUN
that I don't even realize that I'm working out!" - Senior participant**

Drums Alive Golden Beats Addresses the Following:

- Create a community through the use of group mind-body activities, music, movement, choreographies, dance and games
- Research-based sitting to standing protocols that ignite a desire to improve brain and body fitness, inspire creativity and lead to improved balance and coordination
- Balanced program that consists of physical, cognitive, emotional, and psychological health and wellness protocols and follows the guidelines for physical activity (ACSM)
- Tailored to the needs of all individuals, taking into account age, ailments or risk factors
- Encourages participants to pursue a lifetime of physical activity and have fun doing it
- Educate participants on why physical and cognitive exercise is important for health
- Minimize muscle loss and weakness due to aging and/or injury
- Use activities that emphasize Activities of daily living (ADLs)
- Promote physical literacy through comprehensive muscular strength and endurance, flexibility, cardio-respiratory balance and coordination, and relaxation
- Share movements from other cultures to provide a varied and interesting class design
- Above all, Have Fun! Provide an environment where self-expression is encouraged.

Drums Alive Golden Beats Objectives for Instructors

- Love older adults and their ability to be positive influence; encourage participation
- Know your audience, their capabilities, risk factors, and ailments
- Be relevant and current on the latest research about the aging body
- Safely improve strength, coordination, balance and flexibility
- Understand atrophy and the limited mobility of the spine and other joints
- Work to improve the active and passive locomotor systems
- Be sympathetic about decreased functioning of the five sense organs; sixth sense (emotion)
- Use constructive class designs to work within a participant's decreased ability to adapt
- Understand the nervous system vis a vis degeneration of dendrite formation and neuronal networking; the heart, vis a vis increase in vascular resistance and age-related changes in the arteries; and, the lungs vis a vis reduction of elasticity and restriction of the thorax
- Encourage creativity; build a participant's self-esteem; make everyone feel successful
- Be sensitive and understanding of volume levels and signage--nearly 50% of your 75+ participants will have hearing difficulty or have visual impairments
- Understand the power of music, but, be cognizant of your participants' noise sensitivity
- Teach with passion and knowledge using appropriate Drums Alive protocols
- Use timely, concise, and dynamic verbal and non-verbal cuing to motivate your participants
- Conduct a safe but effective sit to stand class with participants that have varied skills
- Use the tools and resources (chairs, pool noodles, boomwhackers) to create a positive and energizing experience

“Drumming takes people outside of themselves and their illnesses and puts them in a place of childish pleasure and freedom. It provides a sense of community and connection.”

- MacTavish

Note: Carrie Ekins is the founder and creator of Drums Alive®, has a master's degree in Physical Education and Dance and is a doctorate candidate. She has extensive teaching experience and has served on the faculty at several college campuses, delivered multiple presentations as a guest lecturer and keynote speaker at universities and conventions around the world, been highlighted on television and radio shows; and, has been recognized with multiple prestigious awards, such as: “Program Director of the Year,” “Best International Presenter;” and, “Most Innovative and Creative Programming.”



Note: For more information on Golden Beats™ or any of the Drums Alive® programs that includes music, choreography, research, resources, or training opportunities please visit us: www.drums-alive.com or www.drumsalive.eu or www.facebook.com/drumsalivenorthamerica



Drums Alive Golden Beats Meets Senior Adults Needs

- **Physical Needs** - Improvement in physical fitness, health, and wellbeing
- **Neuroplasticity** - Promotion of hemispheric convergence through simultaneous activation of the lobes and regions in the brain to promote plasticity
- **Cognitive Needs** - Improvements in concentration, focus and awareness
- **Emotional Needs** - Encourages participants to understand, regulate, and control emotions
- **Communication Needs** - Drumming and movement are valuable ways to communicate nonverbally and provide an opportunity to listen to others while contributing to the group
- **Social Needs** - Everyone can drum and be part of the team regardless of age or ability
- **Educational Needs** - Kinesthetic learning activities that integrate drumming, rhythm and movement can make learning engaging and accessible
- **Self-Actualization Needs** - Drumming and movement boosts self-esteem and provides an avenue where appreciation and acceptance are fostered


Let's Get Going! Drums Alive Golden Beats in Practice

*All activities can be modified for sitting or standing participants

1. Greeting and Welcome
2. Warm Up Activities
 - Hand Clapping Games
 - Fine and Gross Motor Skills
 - Drop & Catch, Throw & Catch, Flip & Catch
 - Drumsticks and/or Boomwhackers
3. Listen & Learn Cognitive Skills
 - Follow the leader - Call Answer Activities
4. Brain Beats - Cognitive Applications; Speech Patterning
 - Alphabet Soup
 - Fruit and Veggie Blast
 - Step in Time
5. Musical Interpretation
 - Activate the Anticipatory Pleasure Response
6. Health and Fitness Exercises
 - A Combination of Drumming & Movement Skills
7. Teambuilding and Functional Living Skills and Games
8. Creativity and Expression
 - Creating Your Own Moves, Grooves and Fun!
9. Mindfulness, Cool Down and Relaxation
10. Gathering, Review and Goodbye



The Drums Alive Ability Beats class design can vary according to the demographics of your class and the physical and mental levels of your participants. One of our many fun and engaging choreographies from our Teacher's Resource Materials is provided below for you to use as an introduction to the fun:


GERONIMO (©Drums Alive®)
Music: Geronimo (Sheppard)
Formation / Ball set up: Windows

Analyses	Beats	Movement /Drumming Patterns
Intro	4 x 8	Drumming to the beat
Verse	14 x 8	Can you feel it 4x V- Step R, L, R, L 4x Lunge R, L, R, L
Verse	14 x 8	When I lost it 4x V-Step L, R, L, R 4x Lunge and Double Beat L,R,L,R
Chorus	4 x 8	Say Geronimo Jumping Jack Up and Hold (ct.1) Jumping Jack Down and 2x Double Beats (ct. 2)
Bombs Away Part I	4 x 8	Side Step R to R Neighbor Drum and 1x Double Beat (4 cts.) Return to Own Drum (4 cts.) Repeat L and return (8 cts.)
Bombs Away Part II	4 x 8	1x Double Beats Middle Ball 1x Side Beats 1x Floor Beats 1x Side Beats Repeat 3x more
Verse	24 x 8	Repeat Verse - Well we rushed it
Chorus	4 x 8	Repeat Chorus - Say Geronimo
Bombs Away Part I & II	8 x 8	Repeat Bombs Away Part I & II
Verse	34 x 8	Repeat Verse - Well I'm just...
Verse	34 x 8	Repeat Verse - Well I'm just...
Break	1 x 8	Double Beat on Middle Drum and hold.
Chorus	4 x 8	Repeat Chorus - Say Geronimo
Chorus	4 x 8	Repeat Chorus - Say Geronimo
Verse	44 x 8	Repeat Verse - Makes this leap...
Outro / End	2 x 8	Can you feel...Drum until the end of song!



Be the Hero.
Take Your Participants on this Life Changing Journey to Health and Wellness!

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