

## What is Perfect Harmony?

Perfect Harmony is a music resource that provides educational tools to engage older adults through music, whether at home or in a senior living community. Participants of Perfect Harmony, developed in consultation with a board-certified music therapist, enjoy engaging in singing, movement, playing instruments, and discussion through a shared musical experience.

## What Resources are Available?

- 5 new videos each month
    - Each video is created with a cohesive theme in mind
  - Lyrics sheets and visual prompts
  - Activity outlines to guide you through leading a music activity
    - Activities include: Singing & Engaged Discussion, Movement, Rhythm Play, and Instrument Play
  - Generational Playlists (1930s-1970s)
  - Resource guides for adding music activities to your loved one's routine
  - Technology tips for leading a virtual music activity
  - Additional books, articles and research
- [thesongbook.org/ph-resources](https://thesongbook.org/ph-resources)**

Music is beneficial for everyone and these resources are perfect for engaging any generation through music! Get creative and use Perfect Harmony with your family, in school or in your community.

**This resource was created in collaboration with a board-certified music therapist.**



*The Great American  
Songbook Foundation*  
*Michael Feinstein, Founder*