



Bridges Together

Let's Dance: Planning an Intergenerational Prom

Many communities are now holding Intergenerational Dances aka "Senior Proms."

Read on to see how you can use the Bridges Together methodology to create your own event!

Convene an Intergenerational Leadership Team

Convene a Leadership Team with at least five members from at least two different organizations. Often times, a high school or college plans and hosts the event for older adults, "guests". Consider asking leaders of the "guests" to help plan the event.

- "Hosts" may include: public/private/charter high school community service groups, National Honor Society, high school Girl Scout/Boy Scouts, religious school programs going through their rites of passage (confirmation candidates, girls and boys becoming bar/bat mitzvahs), college-based service organizations
- "Guests" may include: senior center members, senior housing (public or private, assisted living community residents or nursing home residents)



At Your Meeting, Consider...

- The location of your dance
- When your dance will be held
- Will you have a theme - like An Evening in Paris
- Assigning volunteers to organize these tasks:
 - Publicize the event
 - Decorate
 - Coordinate tickets
 - Arrange food
 - Coordinate/play music/make playlists
 - Solicit donations (decorations, door prizes, food)
 - Handle financing
- Learn and lead dances from different decades
- What will you do during the dance to encourage engagement between the generations and what will the format for the dance be

- Consider collecting/purchasing CDs or downloading albums with the top hits from different decades.
- Remember to meet again after the dance to review what worked well, what could be improved and what should not be repeated! Send thank you notes to donors and key supporters.

At Your Dance, Use the Bridges Together ‘Recipe for Intergenerational’ Success:

Ice Breakers

- Have nametags for each host and guest
- Invite people to bring a photo from their “original” prom. Make color copies and post them. Consider taking a Polaroid photo at this event so that you can post the two photos side by side. Alternatively, you could create a game and have attendees try to match up the old photos with the new ones.
- Break people into intergenerational teams: Provide a list of top songs from different decades and have them put the songs in order.
- Set up a photo booth.
- Consider having young hosts/hostesses at each table to mingle with and serve the guests at that table.



Life Review

- Invite people to come up to the mic and share their favorite/funniest/most poignant prom memories
- On the tables, put Grand Conversation Cards or lists of questions to stimulate conversations
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Activities

- Have someone lead dances from the different decades (take a look at the end of this resource!)
- Have tables where people can make prom-related crafts like tissue paper flowers
- Do a dance-off for the best moves or longest time on the dance floor. Make sure you have judges!
- Have prizes for “best dressed,” vintage dress/outfit, best dance moves, etc.

- Do a cakewalk. Traditionally, people bring cakes which are numbered. Squares with numbers are laid out on the floor. Music is played. When the music ends, people step on a square and win the cake that corresponds.
- Have door prizes.
- Show movies clips (with no sound) on a big screen.
- Do karaoke with top hits from the decades. See list below.
- Create a slideshow with the pictures that guests bring.



Refreshments

Ask planning committee members to think back to what hors d'oeuvres and drinks were popular during different decades.

For Your Information

Top Dances from Different Decades

Folk Dances: Cotton-Eyed Joe, Hokey Pokey, Square Dances

1910s: tango

1920s: jitterbug and Charleston

1930s: swing, foxtrot, waltz

1940s: jitterbug, swing, lindy hop

1950s: Madison, "The Swim", the "Mashed Potato", "The Twist", "The Frug" (pronounced 'froog'), "The Watusi", "The Shake" and "The Hitchhike". Following the Foxtrot, ' Bunny Hop, Swing, Stroll,

1960s: "The Pony", "The Dog" and "The Chicken" (not to be confused with the later Chicken Dance)."The Loco-Motion", The Twist, the Stroll, Mashed Potato

1970s: Bump, Hustle, YMCA

1980s: Walk Like an Egyptian, Chicken Dance, Lambada, Moonwalk, Electric Slide

1990s: Macarena, updated Cotton Eyed Joe, Achy Breaky Heart

2000s: Cha Cha Slide, Electric Slide, Ketchup Song

2010: Whip and Nae Nae, Dabbing, Hit the Quan

Top Songs from Different Decades

1930s: Somewhere Over the Rainbow by Judy Garland

1940s: I'm So Lonely I Could Cry by Hank Williams

1950s: Hound Dog by Elvis Presley

1960s: Mack the Knife by Bobby Darrin

1970s: You Light Up My Life by Debbie Boone

1980s: Physical by Olivia Newton-John

1990s: One Sweet Day by Mariah Carey and Boyz II Men

2000s: We Belong Together by Mariah Carey

2010s: Happy by Pharrell Williams

Resources:

https://en.wikipedia.org/wiki/List_of_Billboard_Hot_100_chart_achievements_by_decade

https://en.wikipedia.org/wiki/Novelty_and_fad_dances

<http://www.acclaimedmusic.net/>

YouTube.com top songs from the decades per Dave's Music Database



***This Recipe for Intergenerational
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