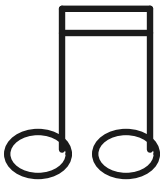


Dancing Through the Decades

Sock hops, jukeboxes & the dances we never forgot

From the makers of PresentCare
presentcare.app

presentcare.app



A note before you begin

The music never really leaves us.

On every page you'll find one big, simple picture from the jukeboxes, dance floors, and records of a lifetime — paired with one gentle question. Color the picture, and let it open a door to the songs and the nights you never forgot.

There is no right or wrong way. Just begin.



presentcare.app

HOW TO USE THIS BOOK

Print at 100% (Actual Size) for the boldest lines.

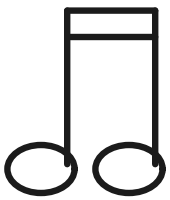
Color with anything — crayons, markers, or colored pencils.

There is no wrong way to do this. Stay inside the lines or don't.

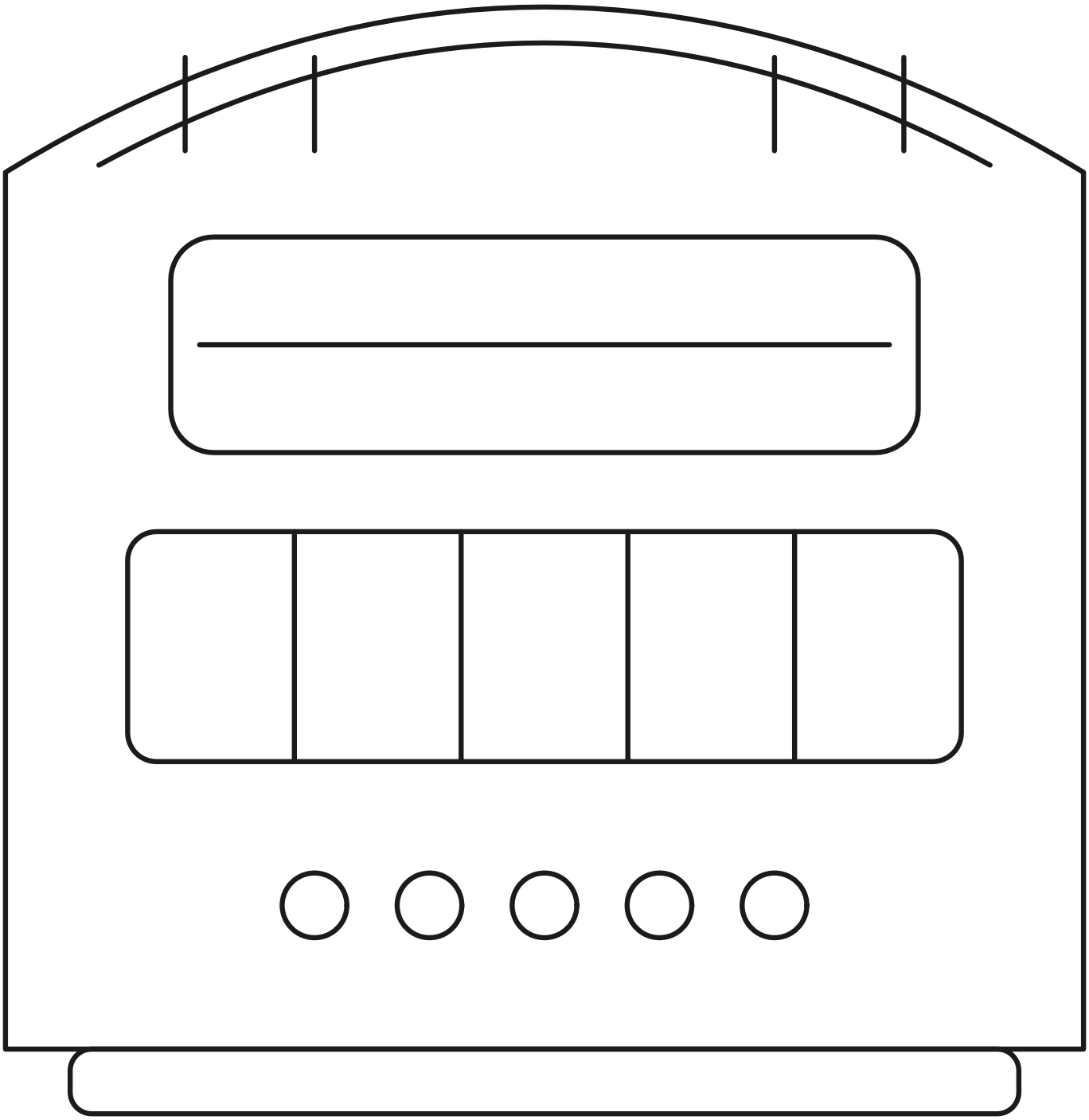
Try one page at a time. Let the picture spark a memory,

then use the gentle question to talk and remember together.

It makes a wonderful shared activity for family and caregivers.



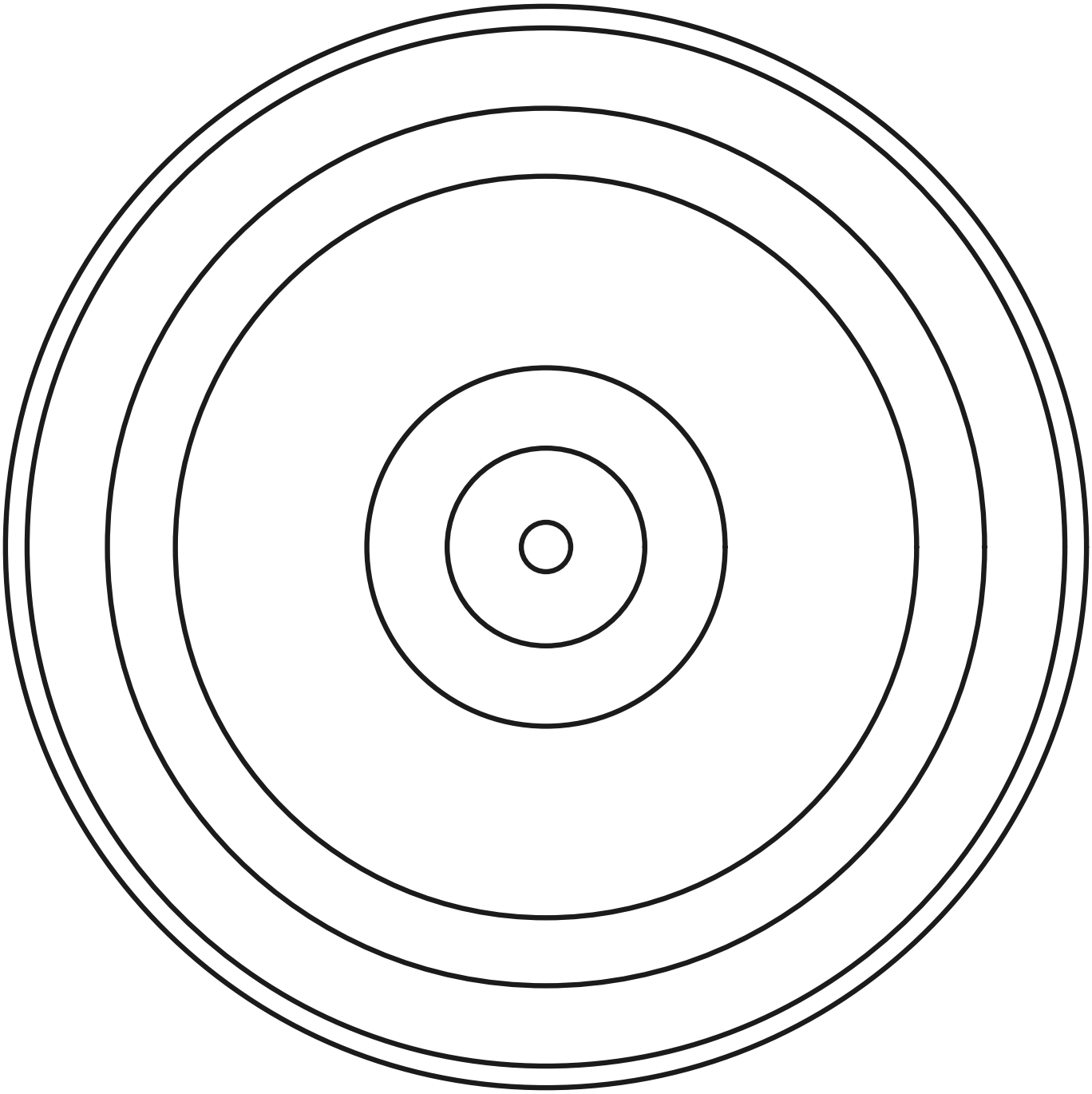
presentcare.app



THE JUKEBOX

Talk about it: What song would you have played first?

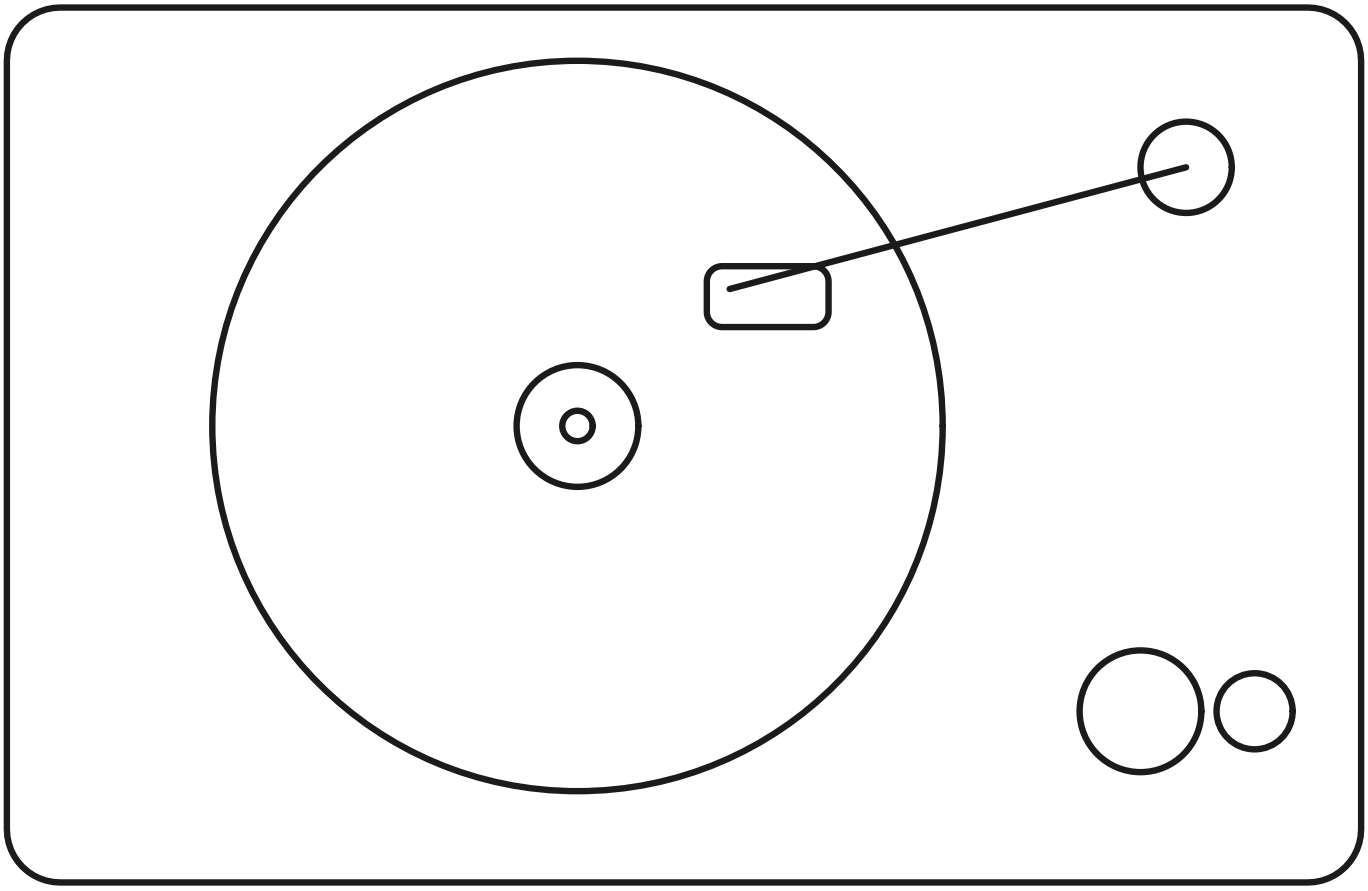
presentcare.app



THE RECORD

Talk about it: What was the first record you ever owned?

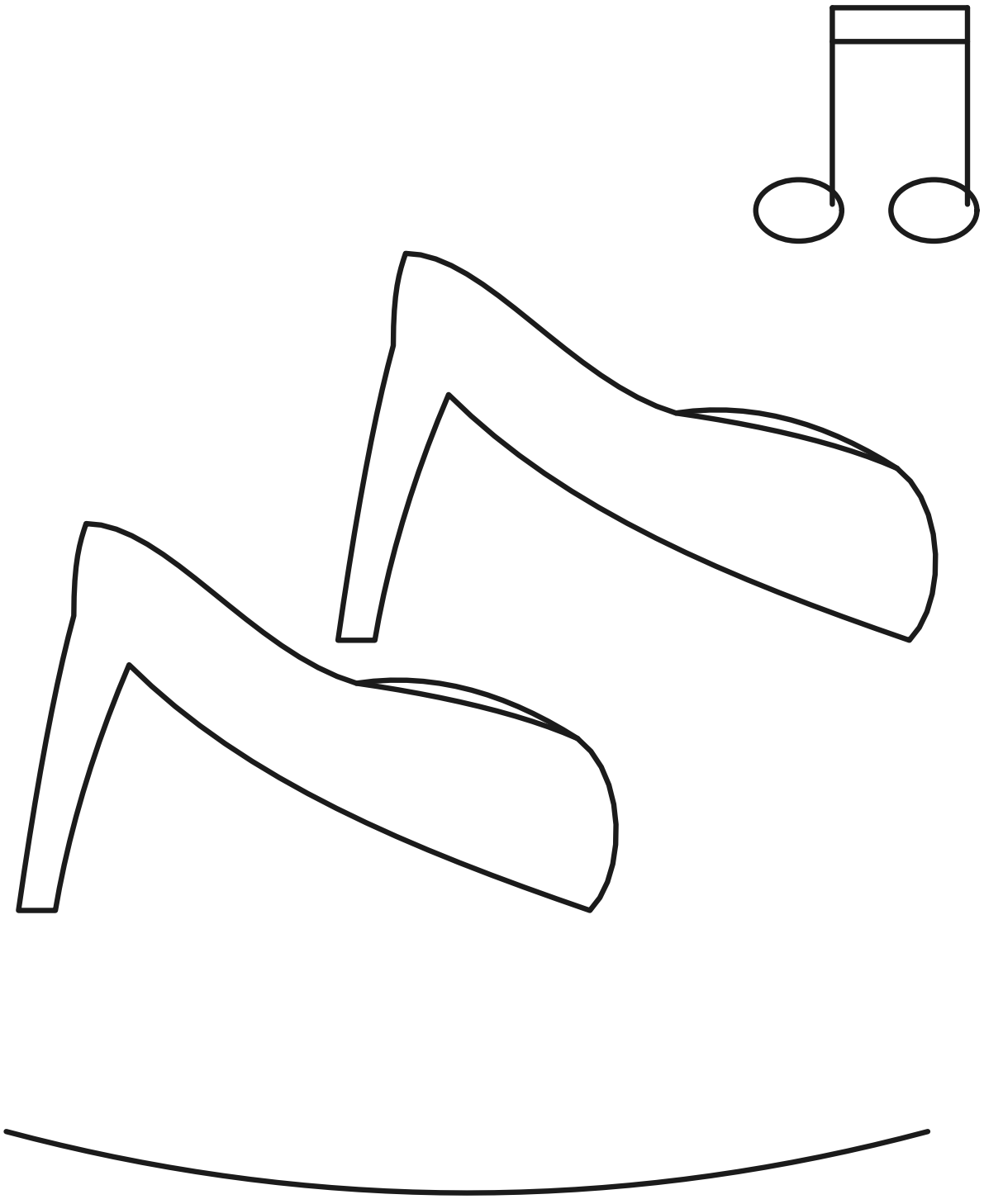
presentcare.app



THE RECORD PLAYER

Talk about it: Describe your family's record player.

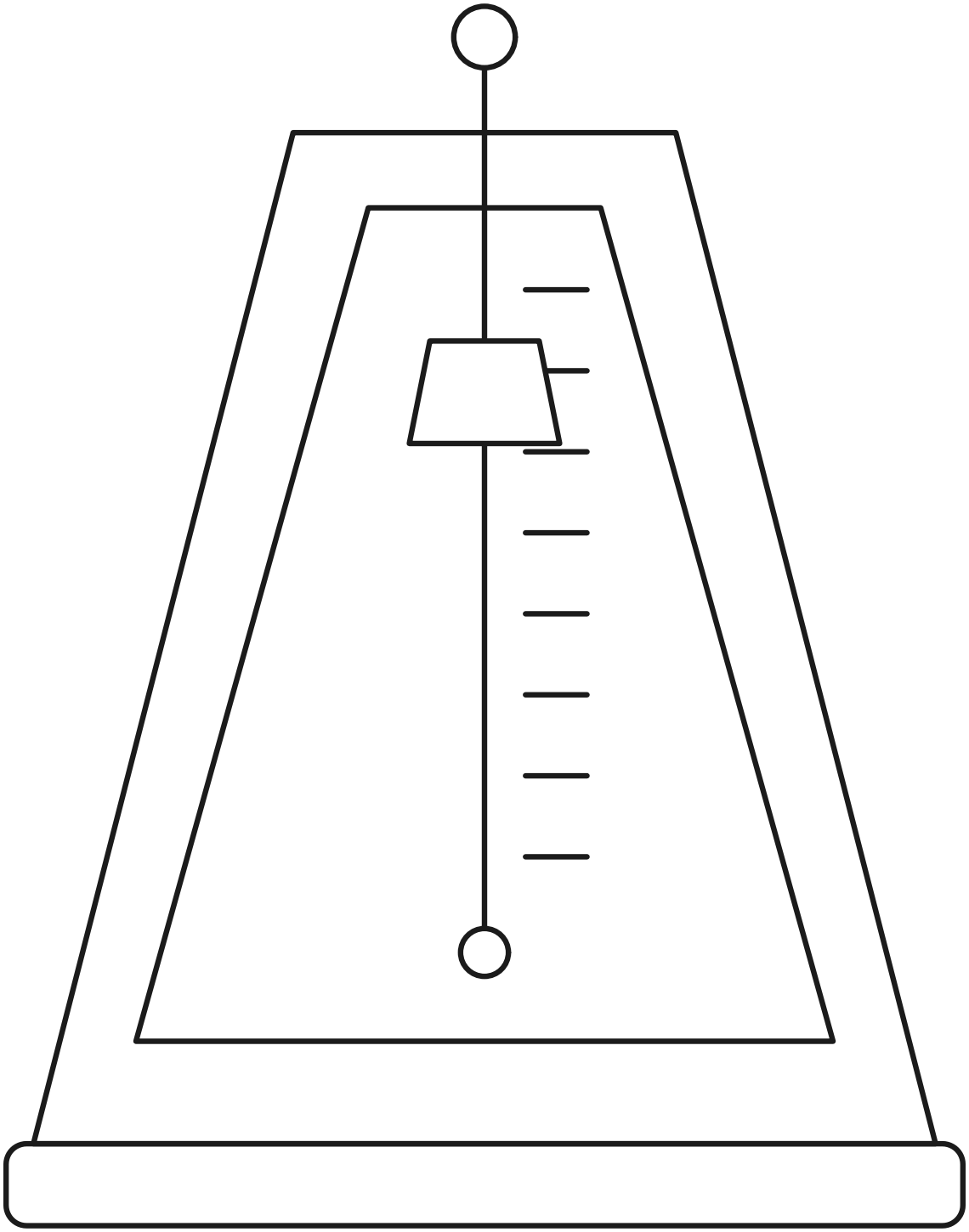
presentcare.app



DANCING SHOES

Talk about it: Were you a good dancer?

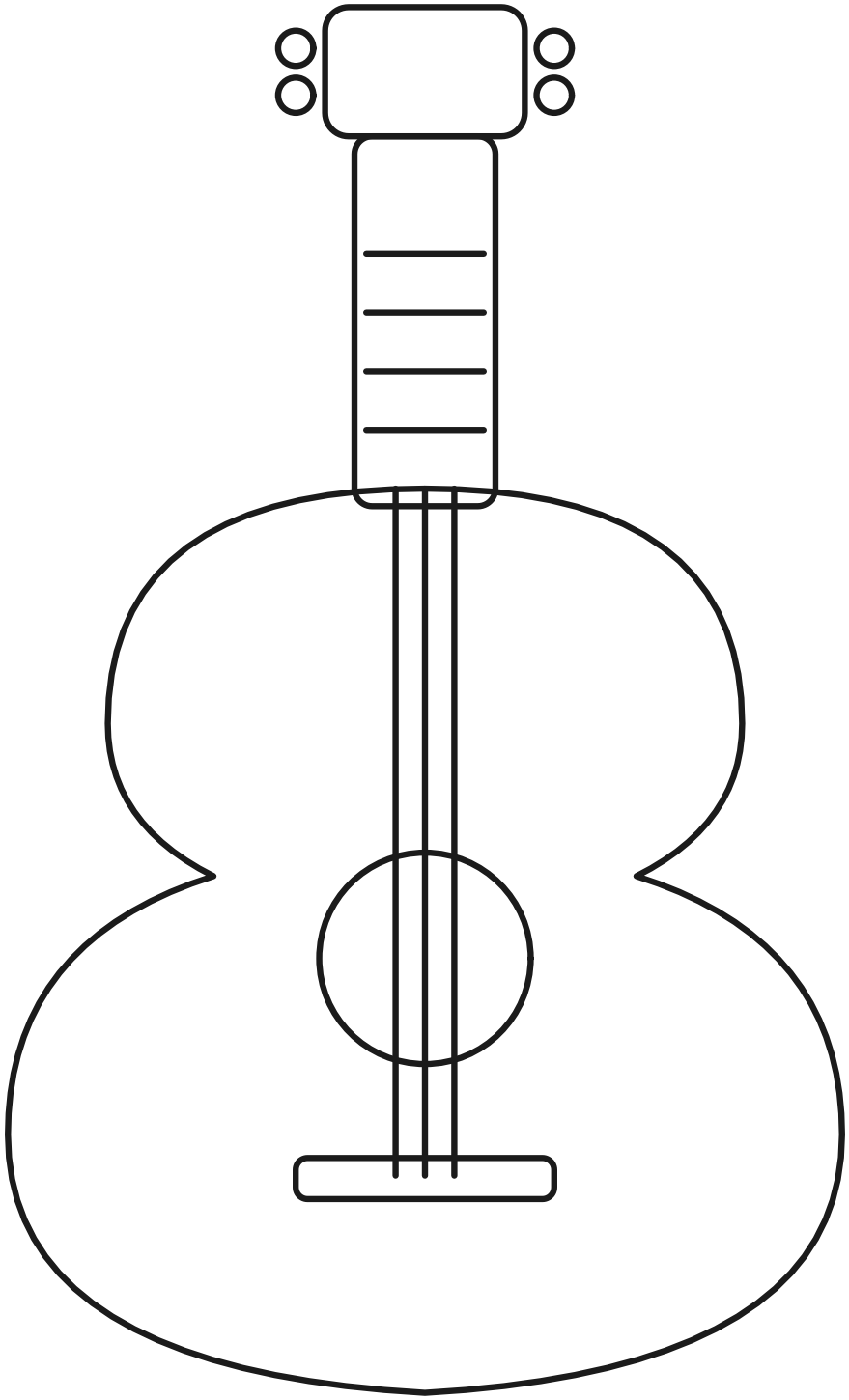
presentcare.app



THE METRONOME

Talk about it: What kind of music makes you happy?

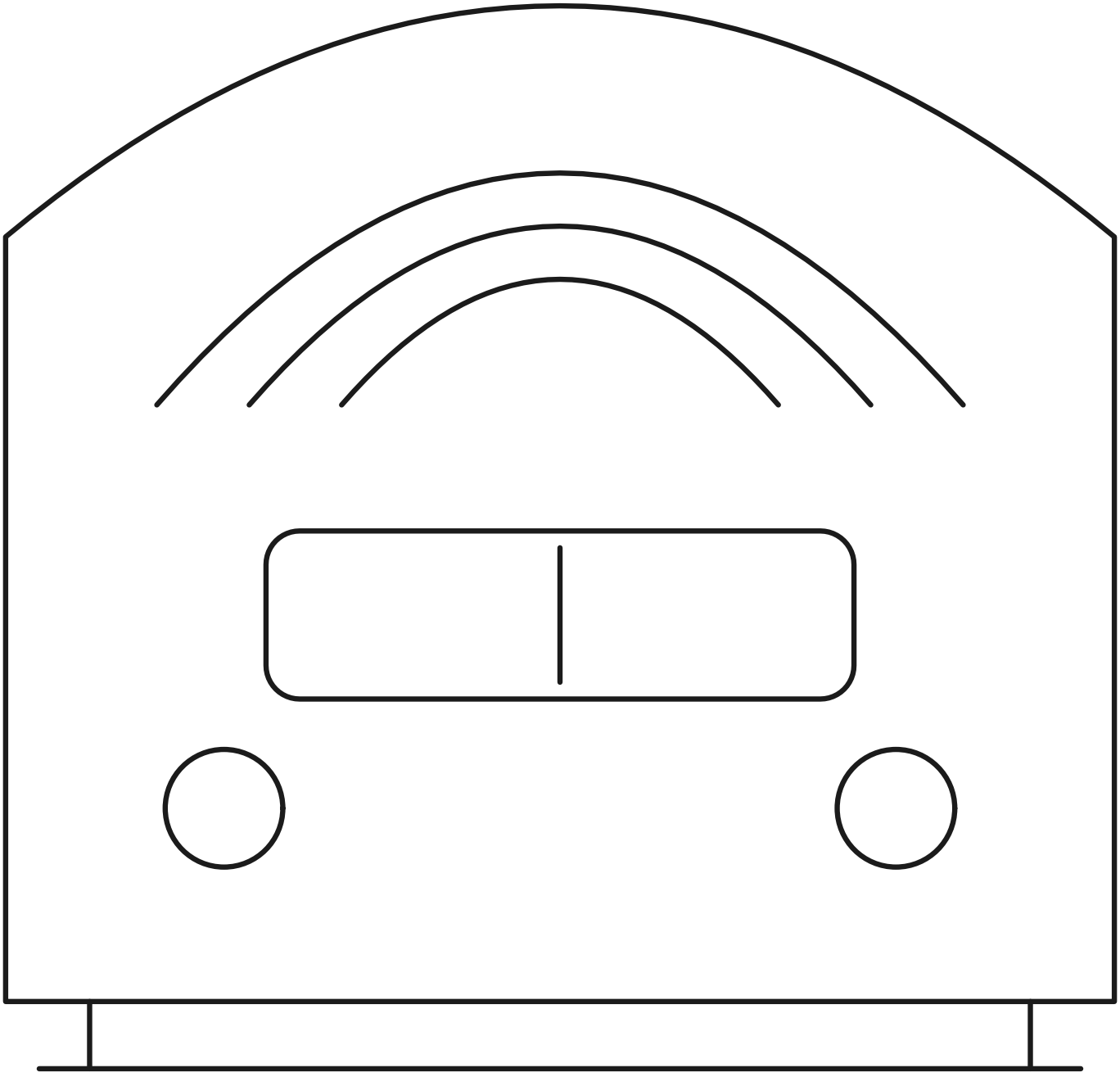
presentcare.app



THE GUITAR

Talk about it: Did anyone in your family play an instrument?

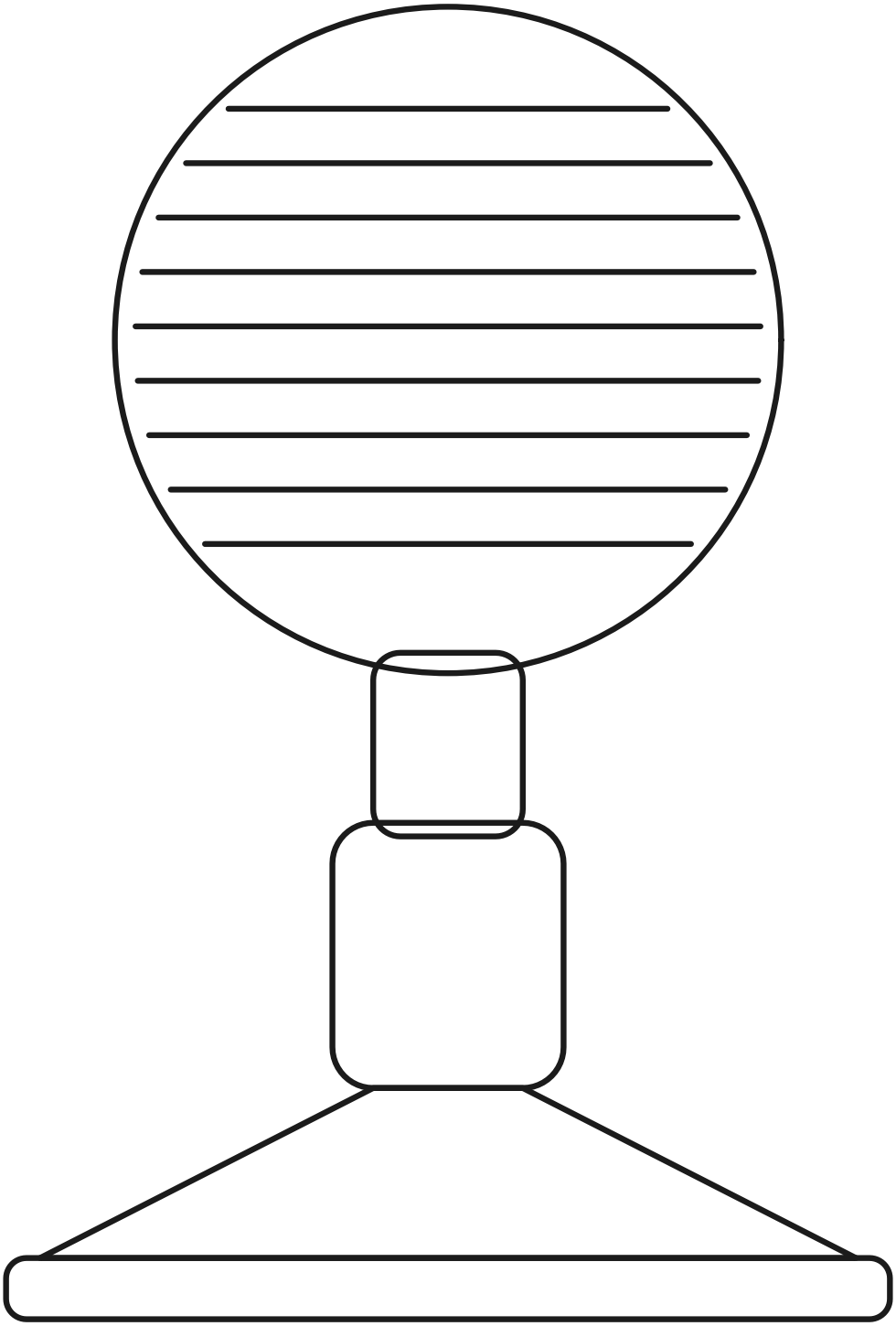
presentcare.app



THE RADIO

Talk about it: What did you listen to on the radio growing up?

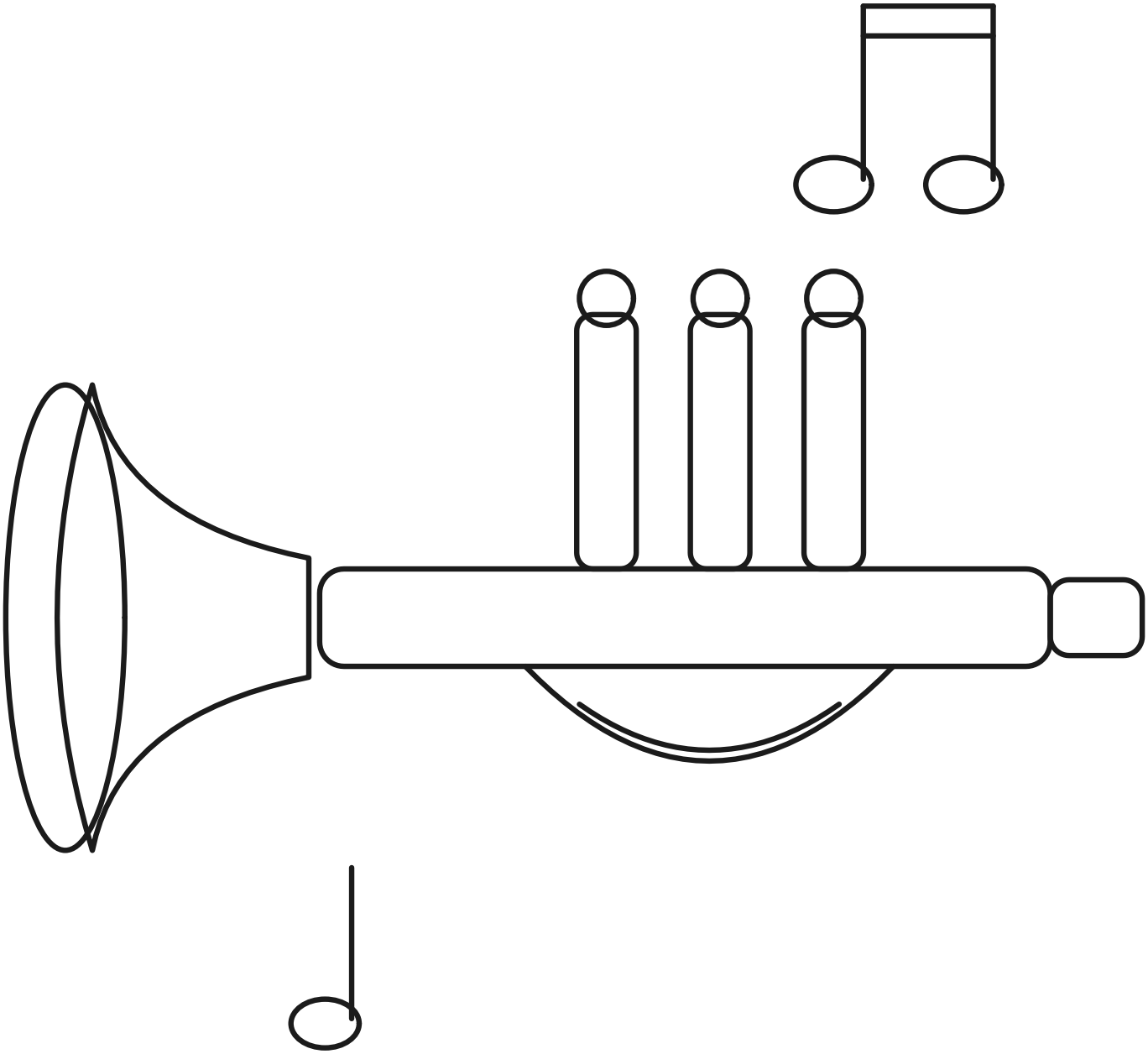
presentcare.app



THE MICROPHONE

Talk about it: Who was your favorite singer?

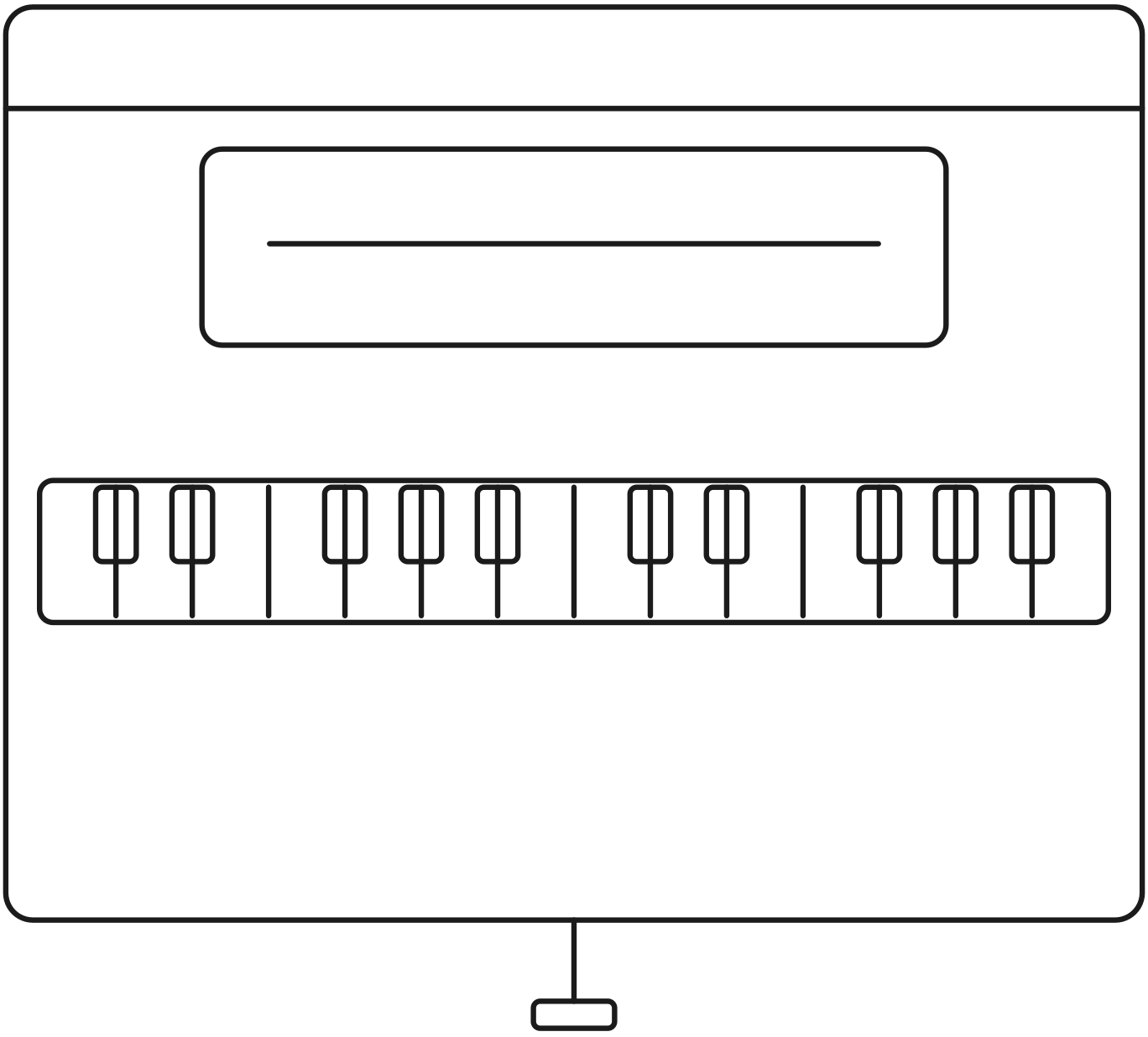
presentcare.app



THE TRUMPET

Talk about it: What instrument did you wish you could play?

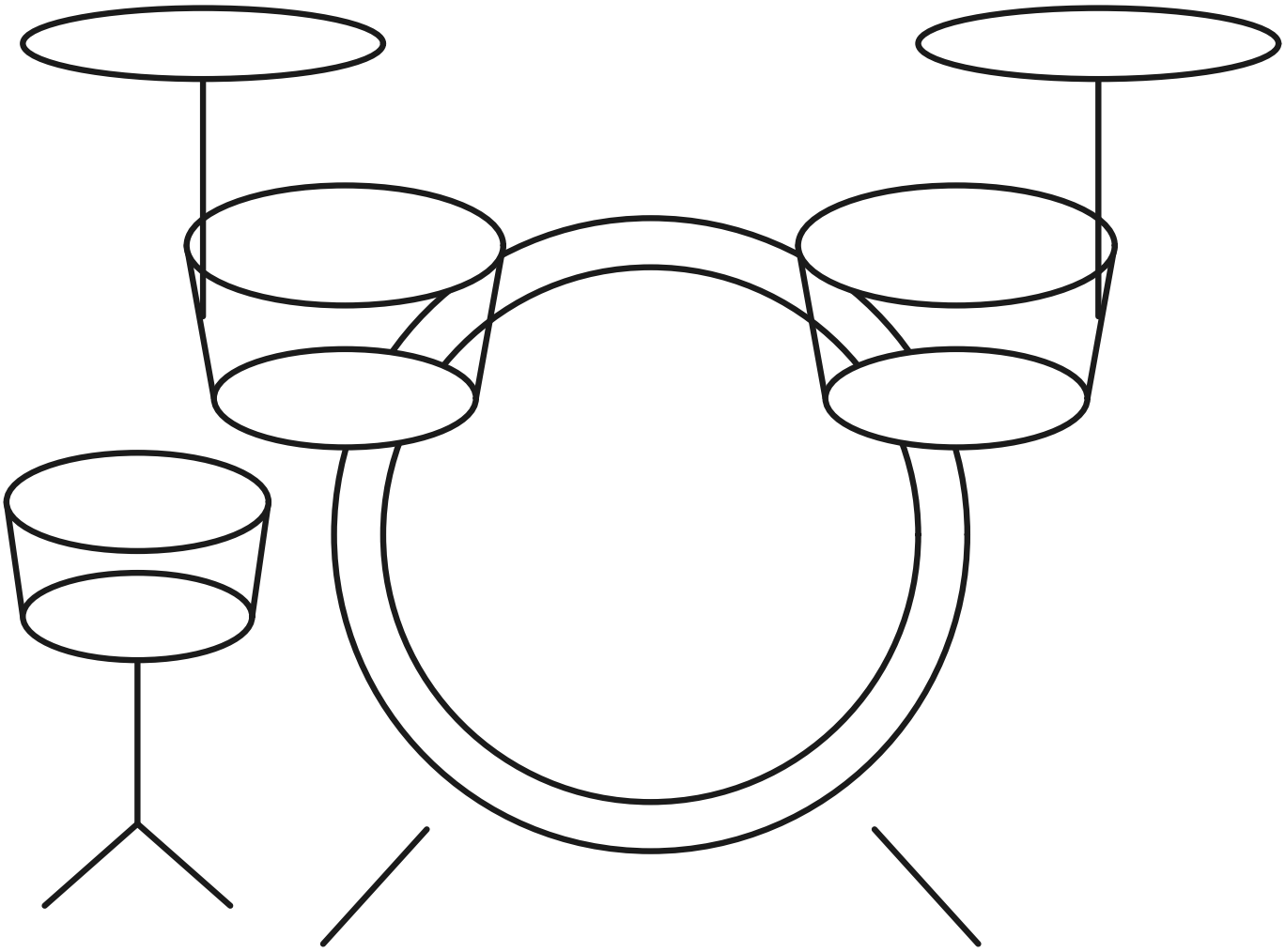
presentcare.app



THE PIANO

Talk about it: Did you ever learn to play?

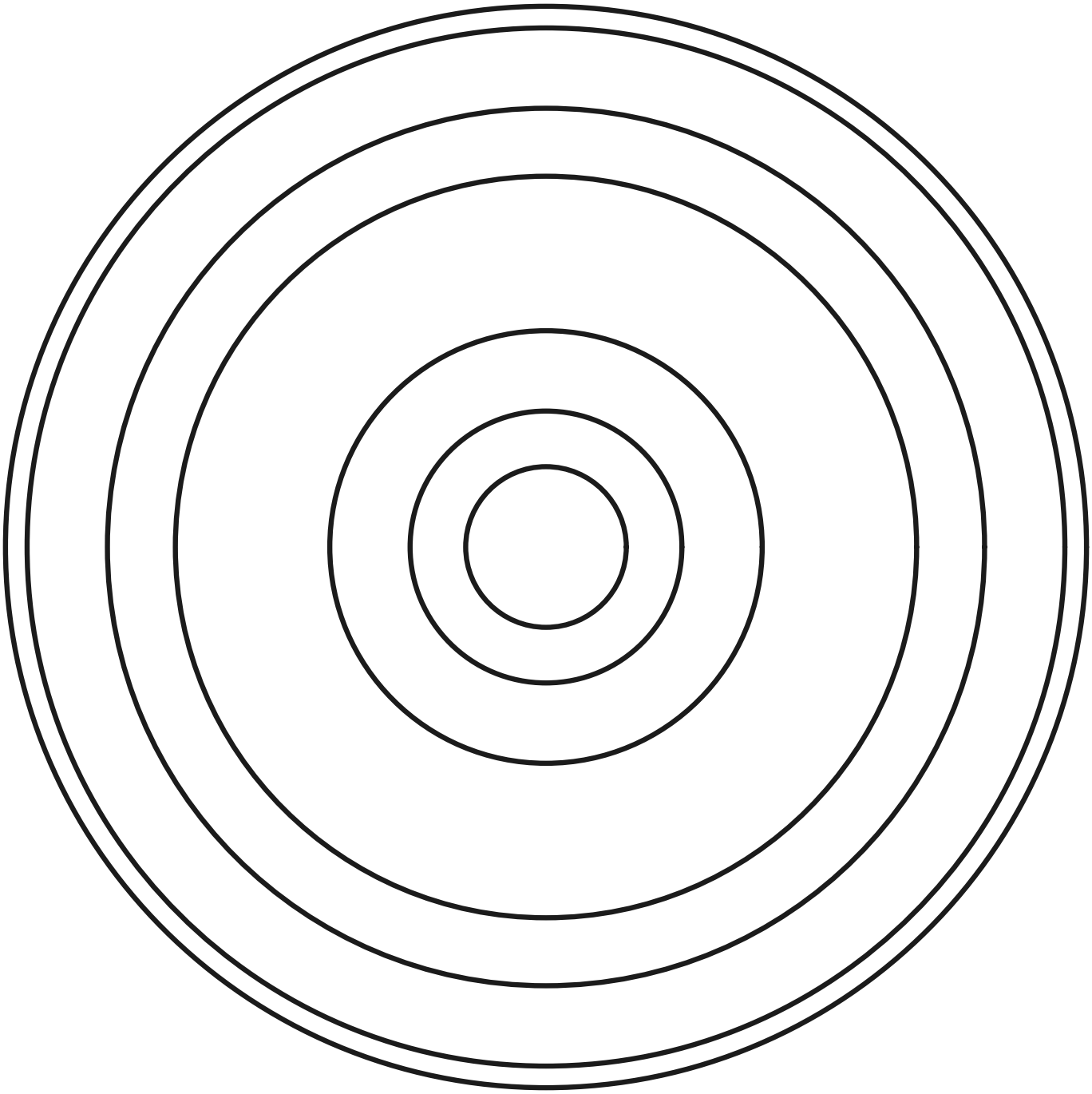
presentcare.app



THE DRUM KIT

Talk about it: Did you ever play in a band?

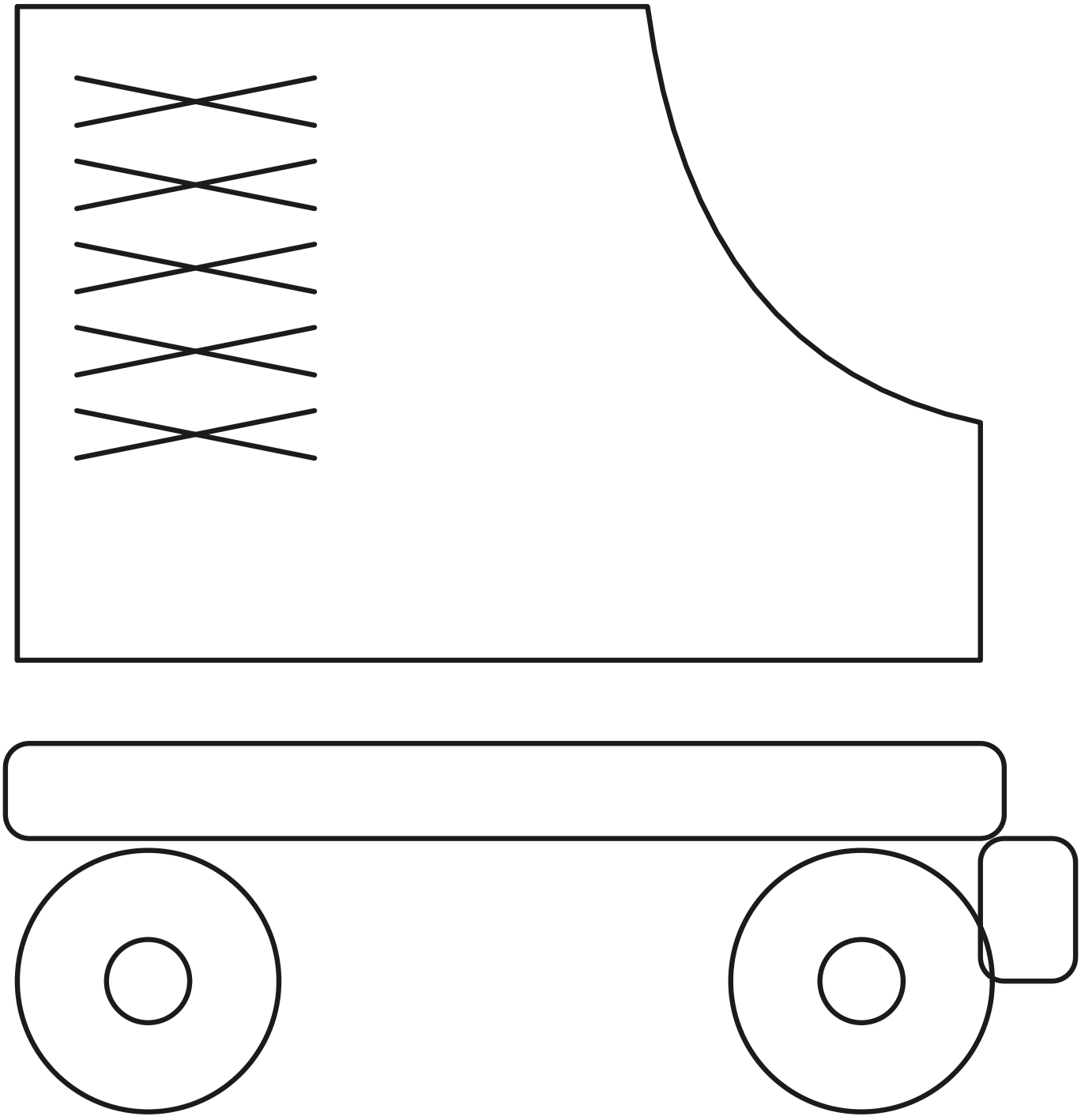
presentcare.app



THE 45 SINGLE

Talk about it: What songs got you on your feet?

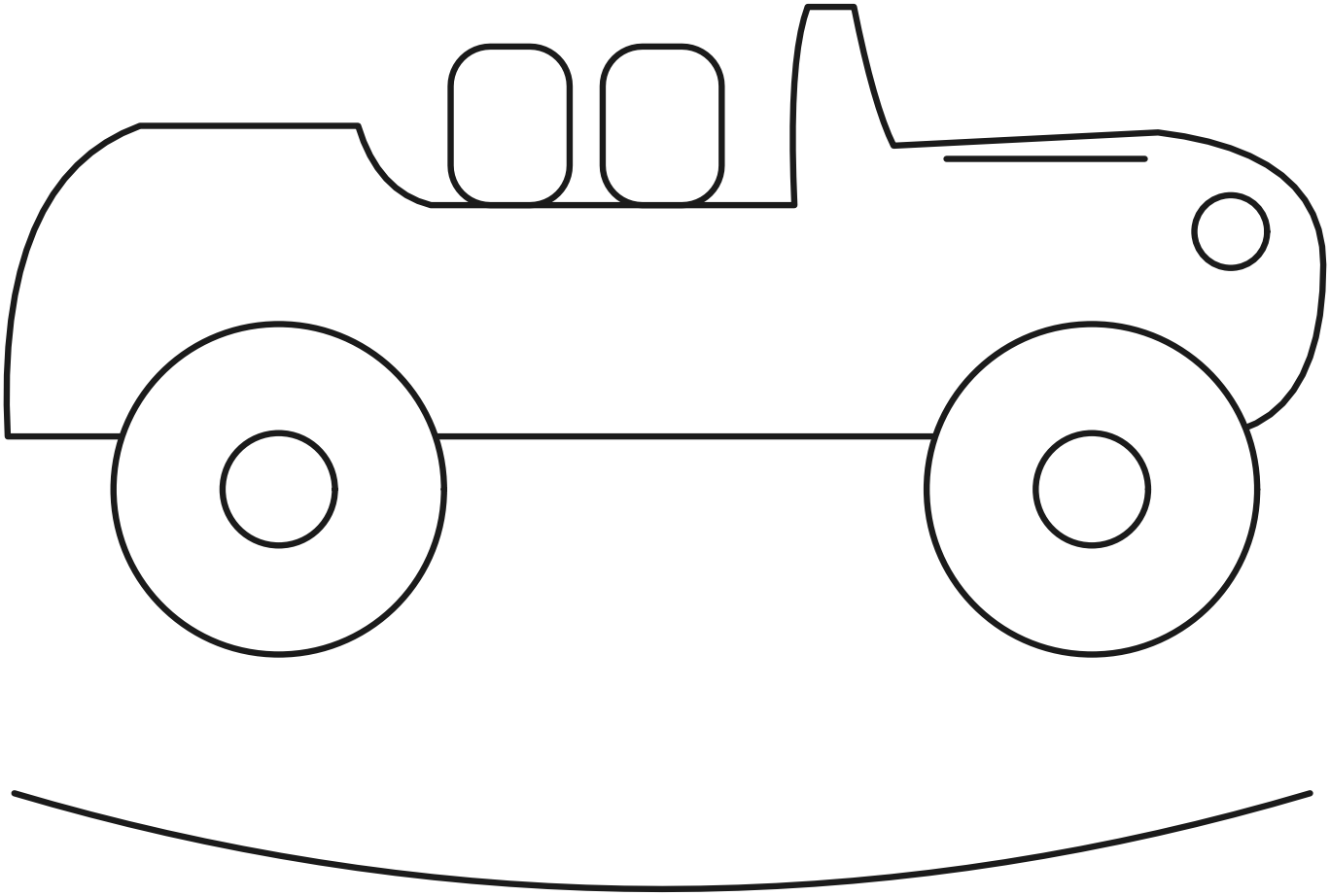
presentcare.app



THE ROLLER SKATE

Talk about it: Did you roller skate?

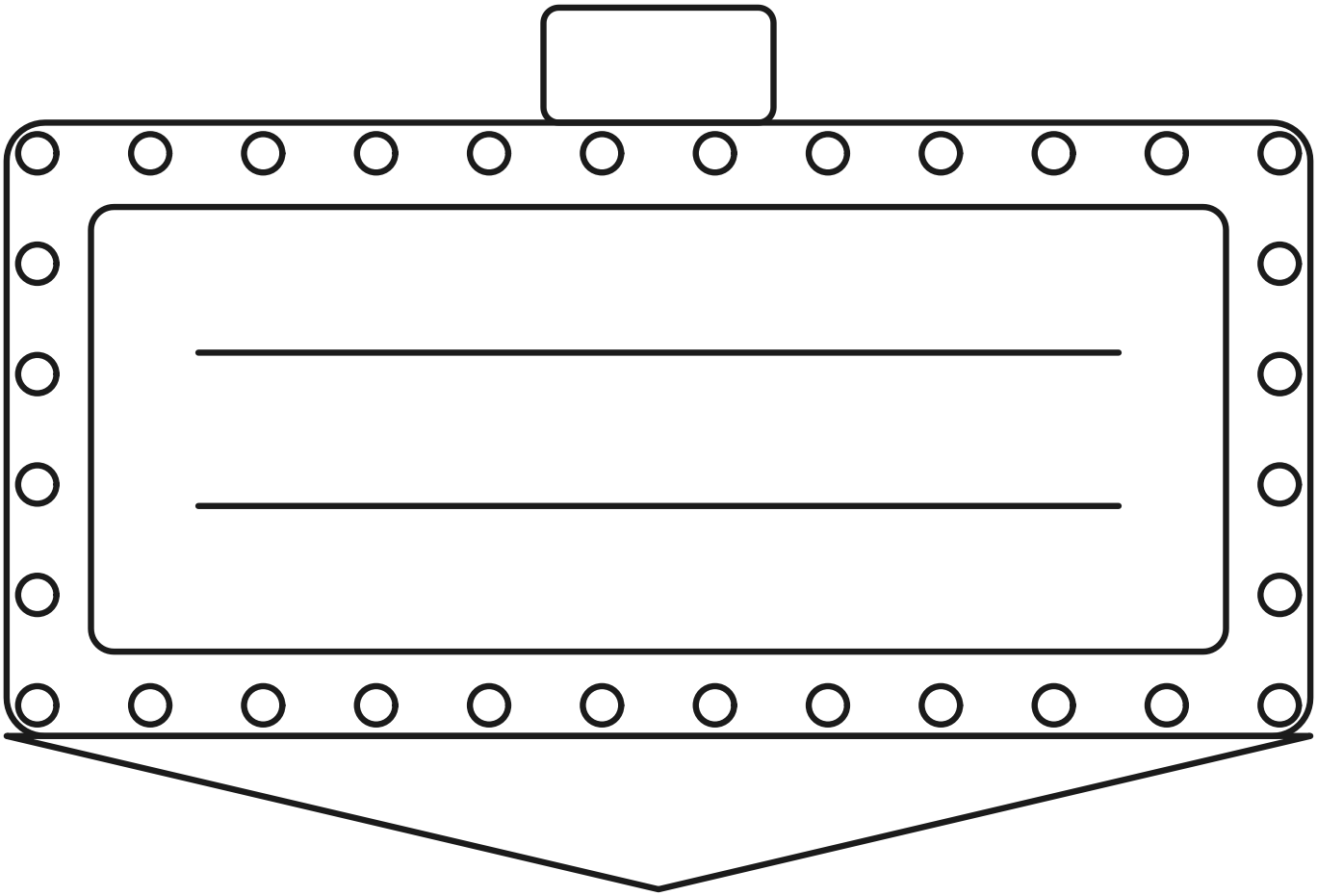
presentcare.app



THE CONVERTIBLE

Talk about it: Did you ever go to a drive-in?

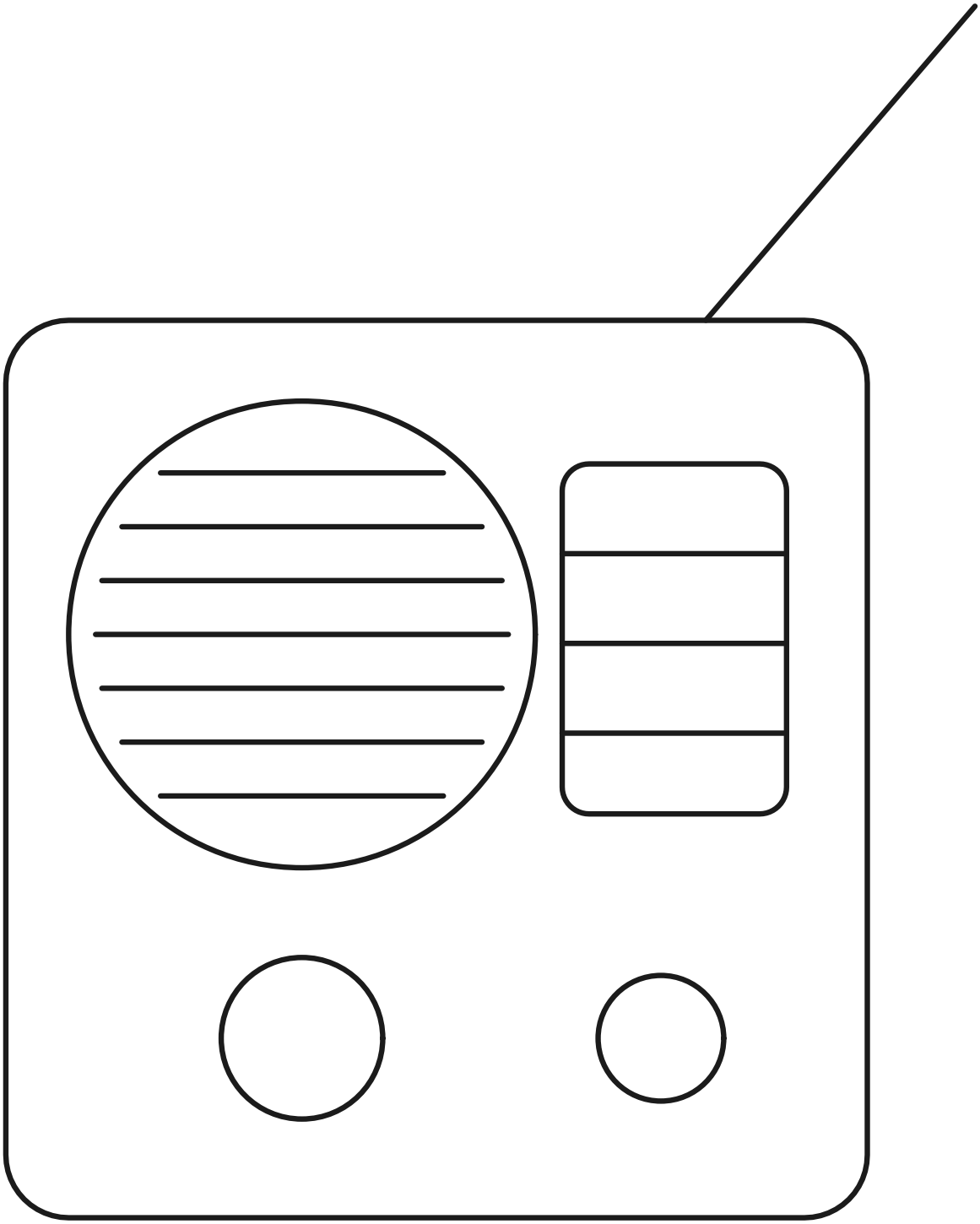
presentcare.app



THE MARQUEE

Talk about it: What shows or dances did you go to?

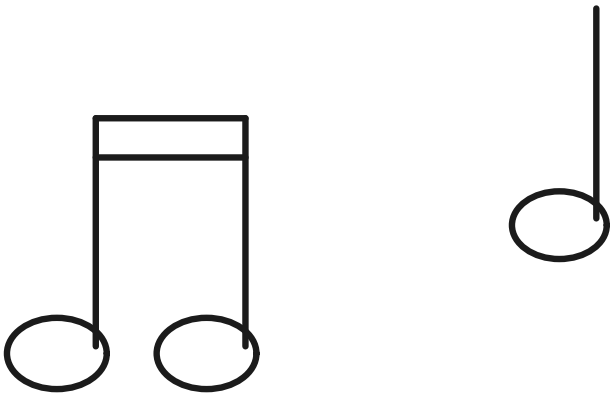
presentcare.app

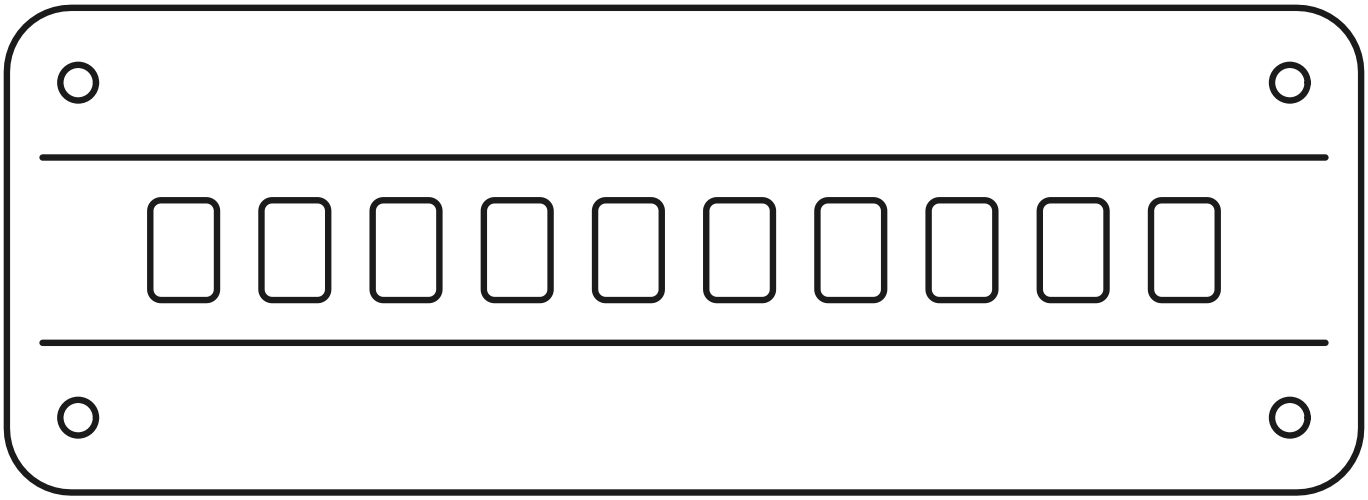


THE TRANSISTOR RADIO

Talk about it: Where did you take your music?

presentcare.app

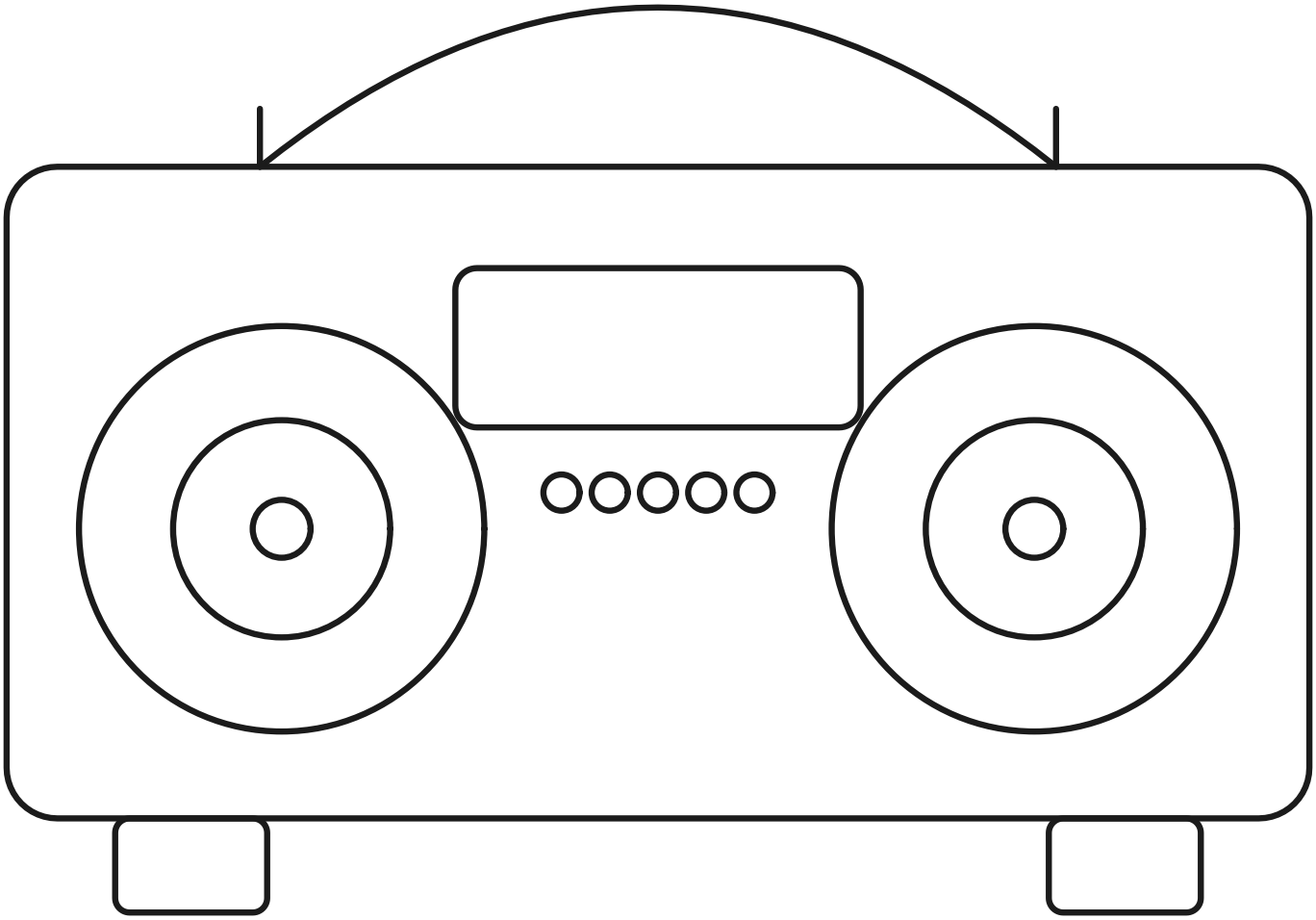




THE HARMONICA

Talk about it: What songs do you know by heart?

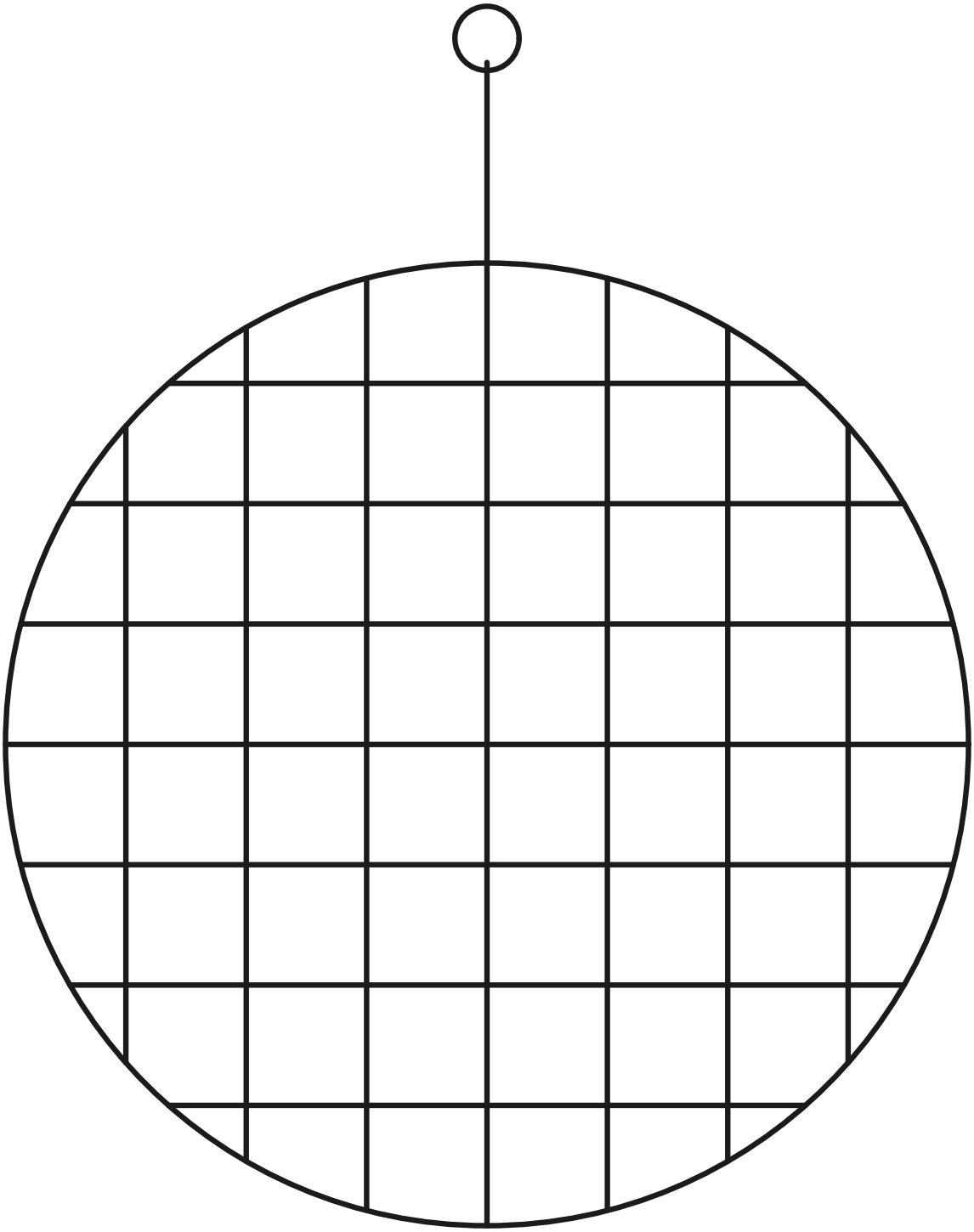
presentcare.app



THE BOOMBOX

Talk about it: What music did your kids play?

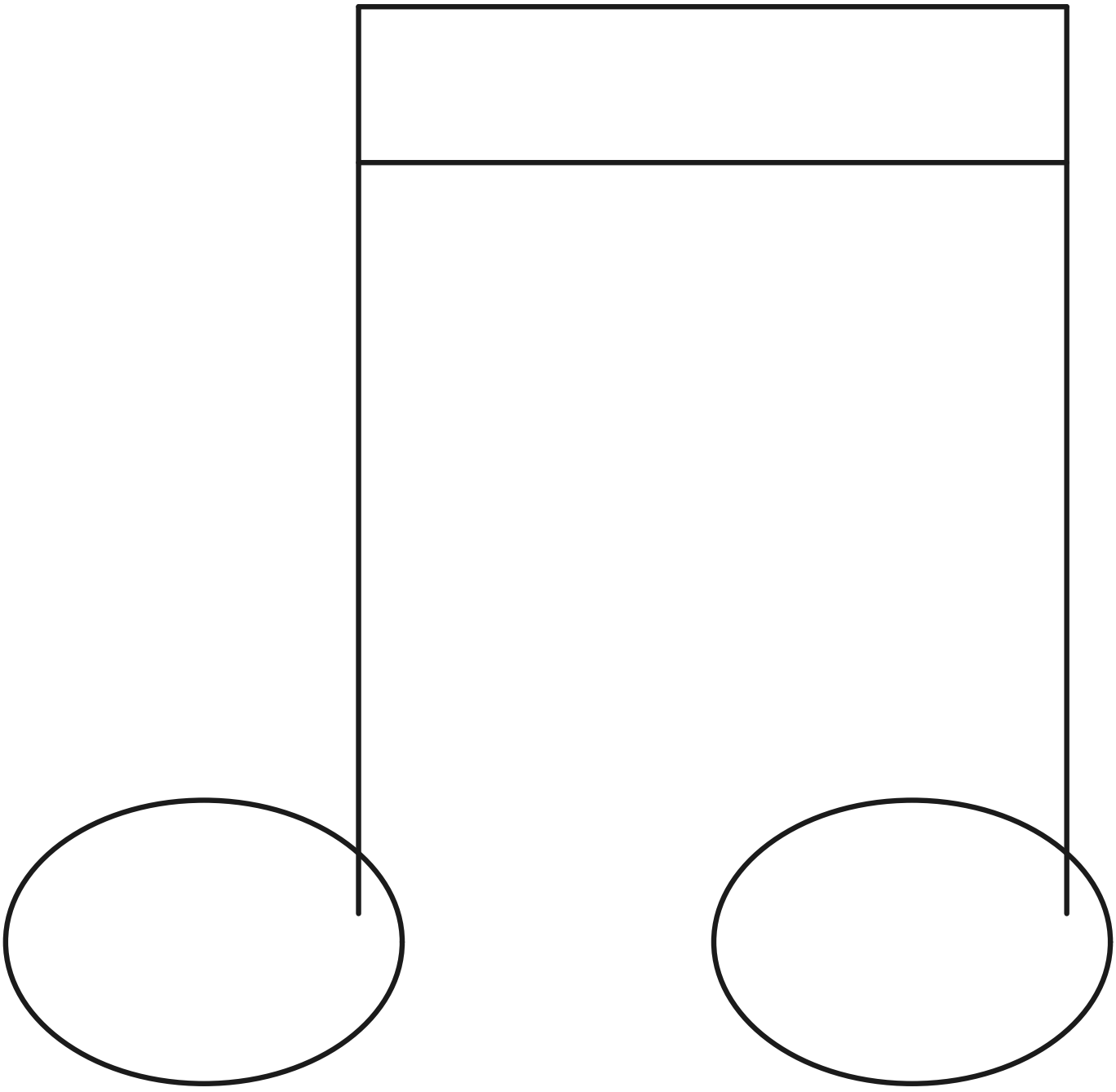
presentcare.app



THE DISCO BALL

Talk about it: When did you last dance?

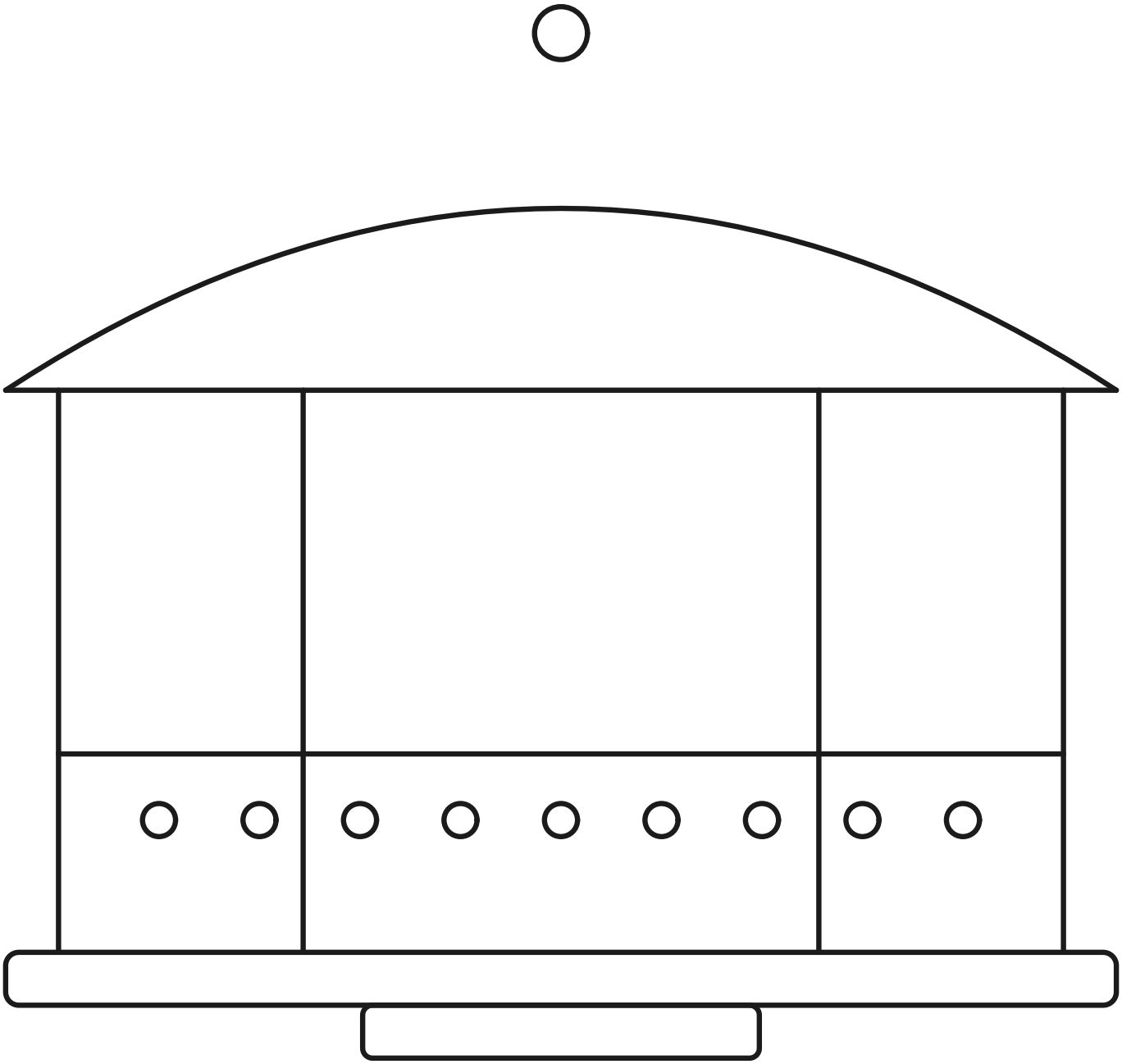
presentcare.app



THE MUSIC NOTE

Talk about it: What's 'your song'?

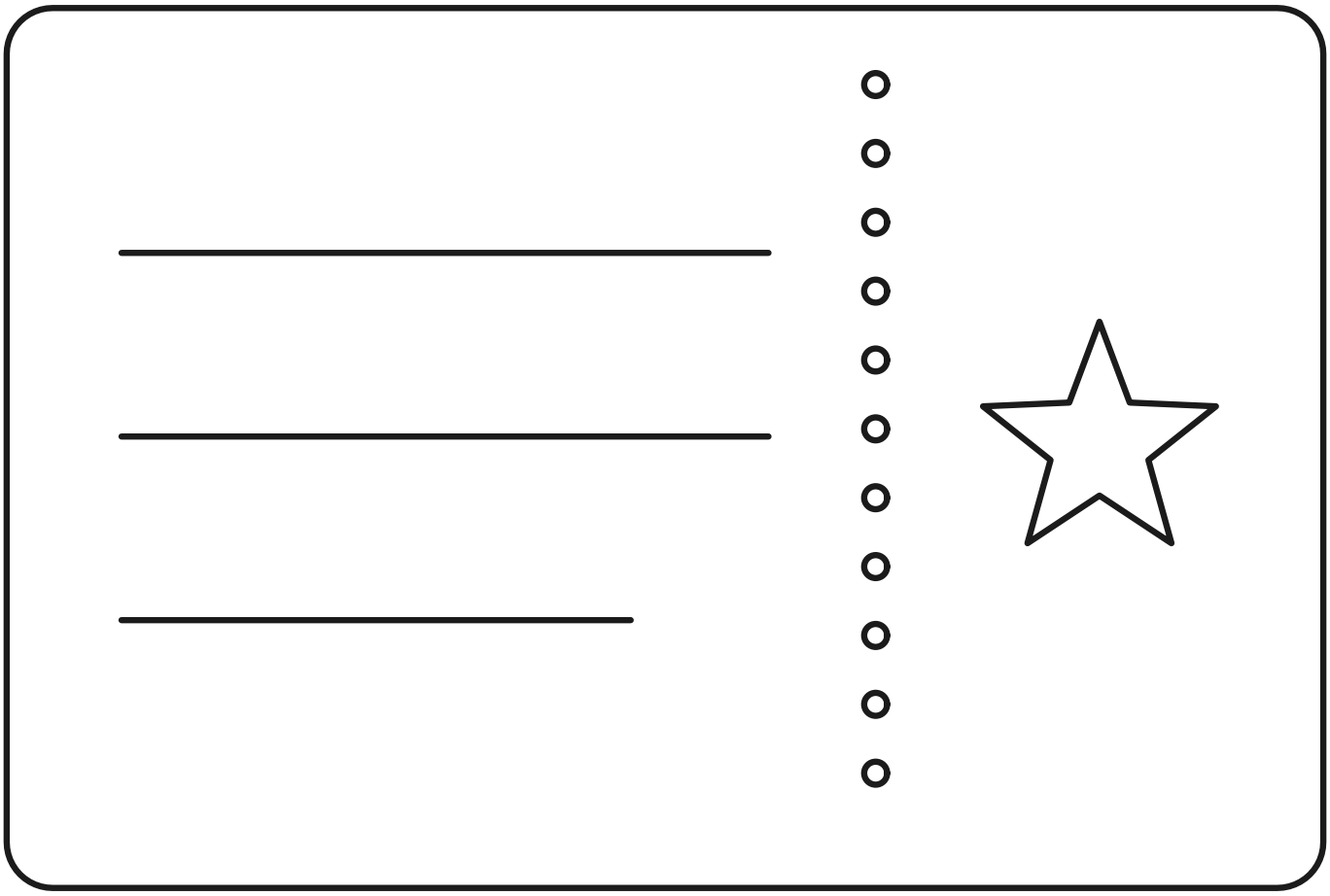
presentcare.app



THE BANDSTAND

Talk about it: Did you go to concerts in the park?

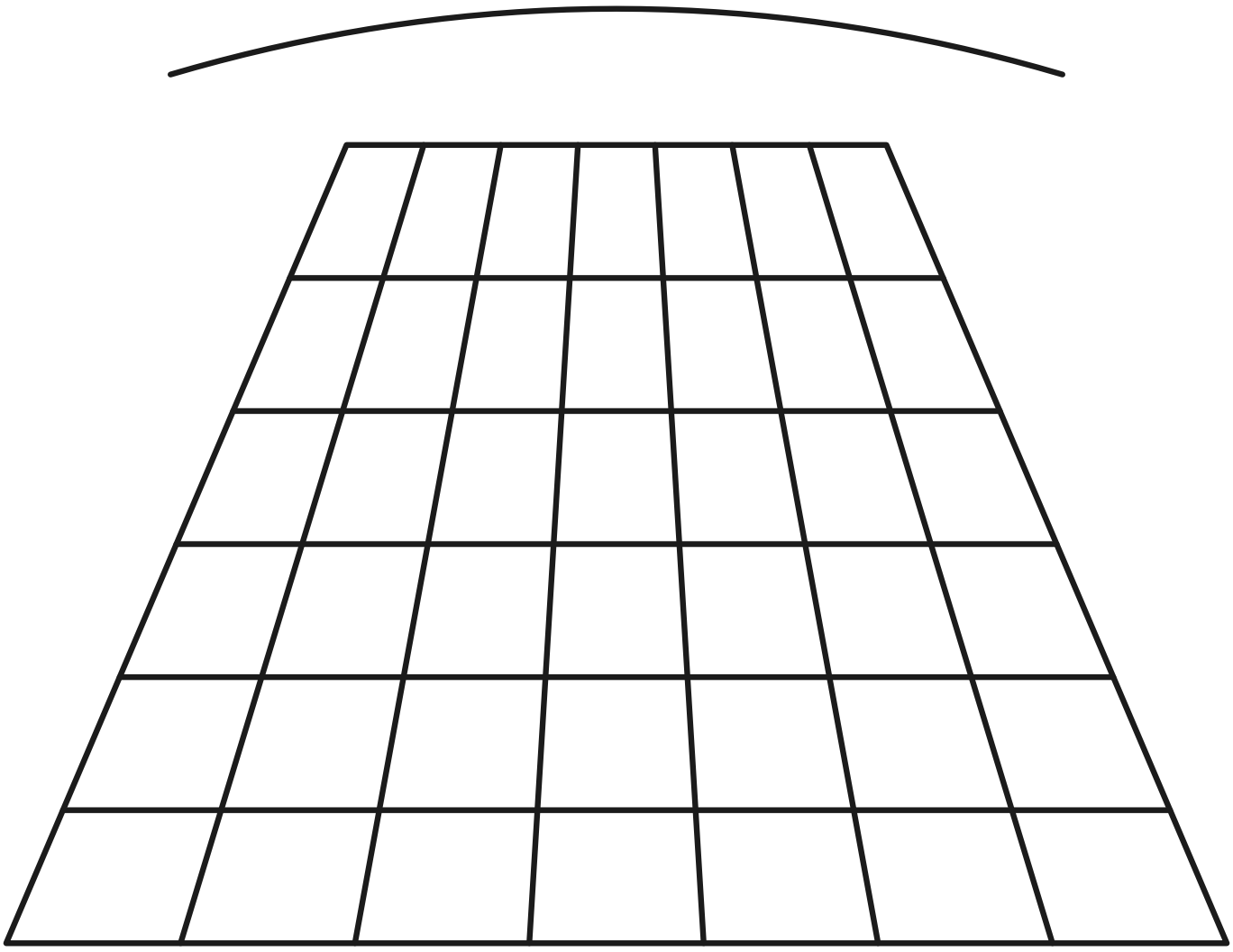
presentcare.app



THE TICKET STUB

Talk about it: What's a night out you remember?

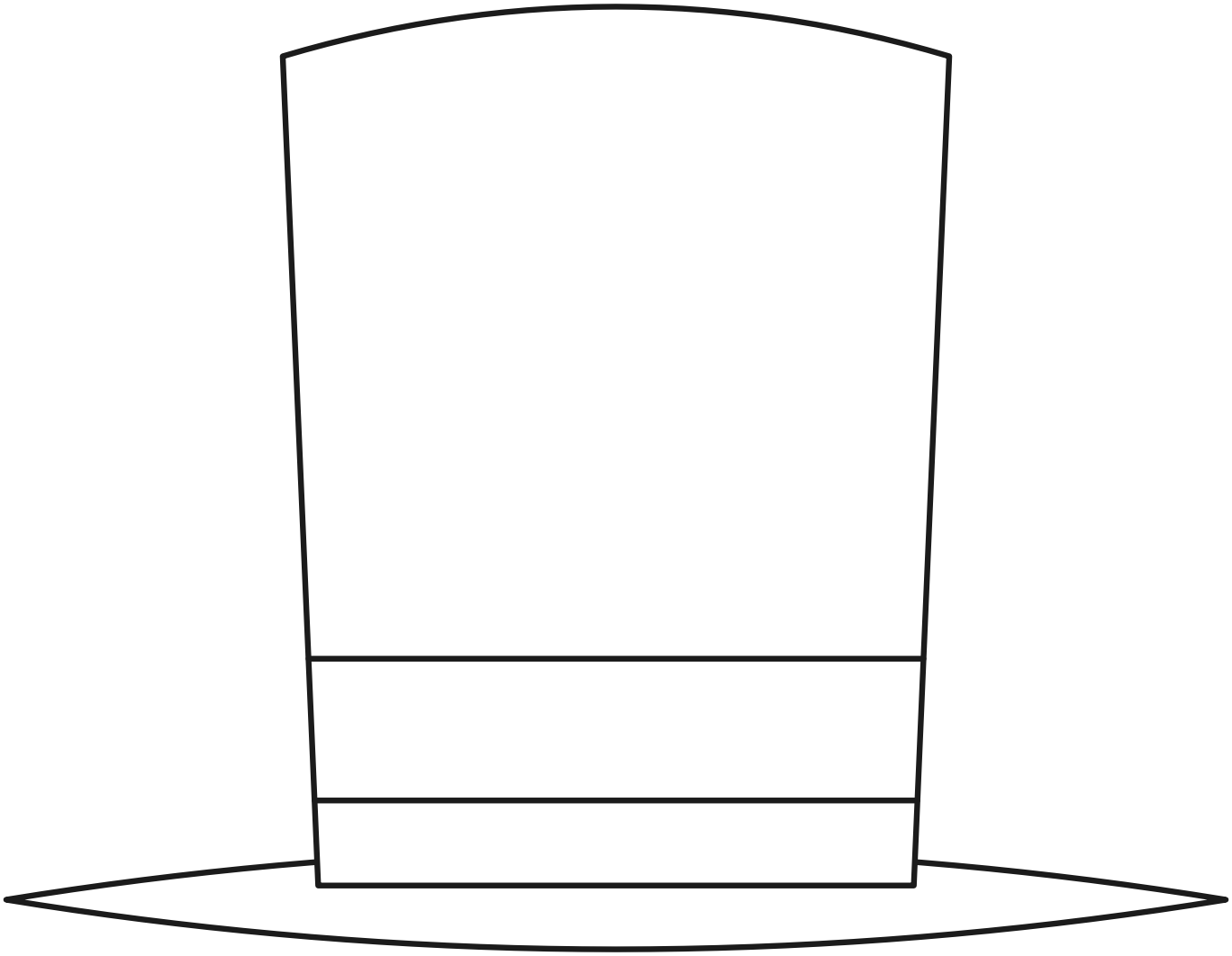
presentcare.app



THE DANCE FLOOR

Talk about it: What was your favorite place to dance?

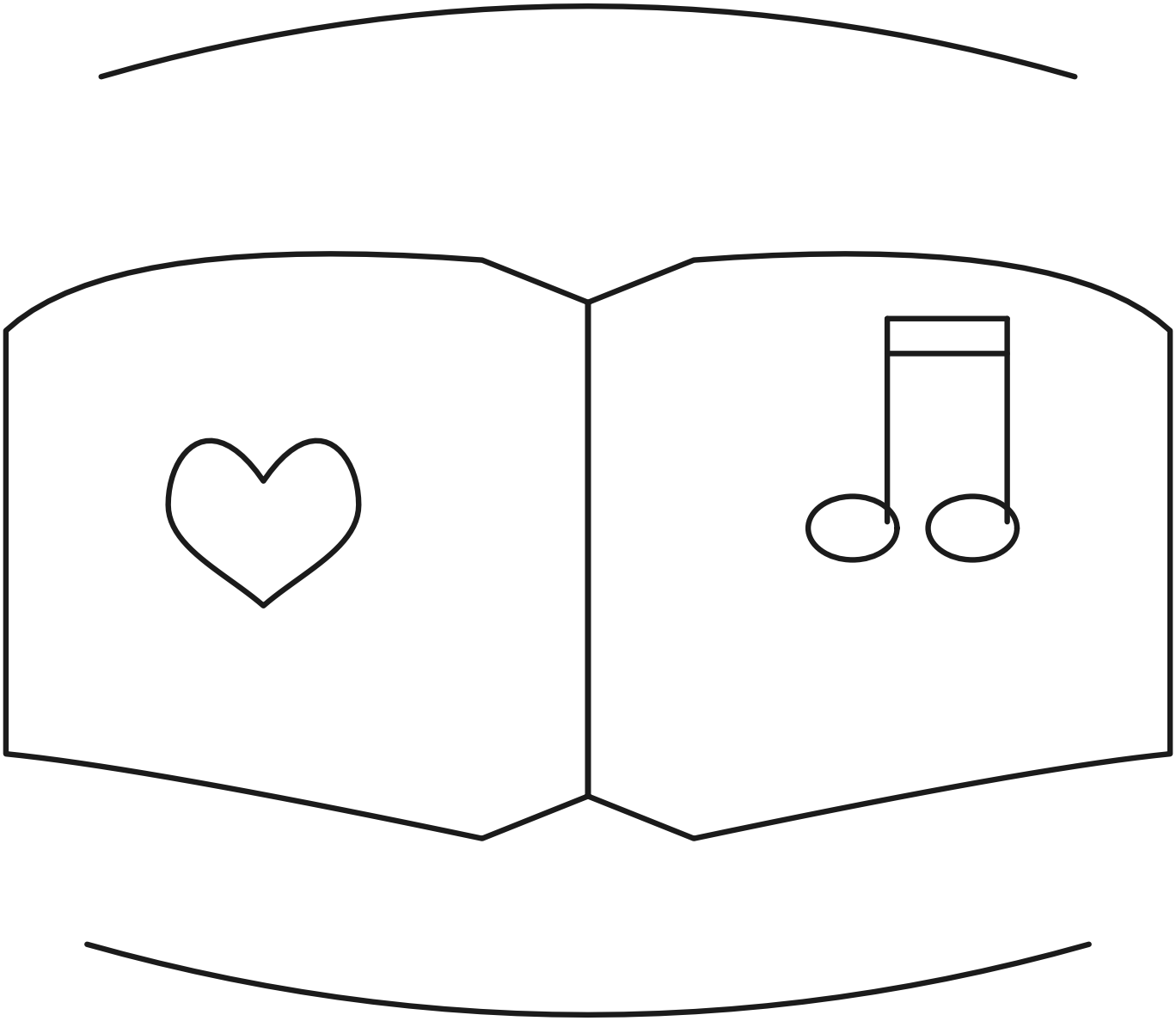
presentcare.app



THE TOP HAT

Talk about it: Did you ever dress up to go dancing?

presentcare.app



THE SONGBOOK

Talk about it: If you could hear one song right now, what would it be?

presentcare.app

Notes & Memories

presentcare.app

ABOUT THESE PAGES

These books draw on simple, well-loved ideas: that revisiting happy memories (reminiscence) can lift mood and spark conversation, that coloring is a calm, focusing activity for busy or anxious minds, that large, bold, high-contrast art suits aging eyes and shaky hands, and that music and nostalgia are especially powerful memory cues.

This is a gentle activity, not medical or therapeutic treatment.

Digital download for personal use. © PresentCare · presentcare.app

