



LET'S
SING-A-
SONG
FOR
SPIRIT



MUSICAL MOVEMENT
& MEMORIES

DO YOU LOVE MUSIC?

Music is a great motivator and can lift our spirits. So does exercise! When you put them together, it's a perfect combination to give you more energy, improve your mood and boost your immune system.

This songbook provides physical actions you can do while singing favourite classics tunes.

Before engaging in exercise, please review the following safety tips and the liability conditions at the end of this booklet.

BE SAFE!

- sit in a comfortable sturdy chair
- no sitting on a walker or bed
- sit all the way back
- both feet flat on floor

If using a wheelchair:

- feet on foot-pedals or flat on floor
- brakes on

BEFORE YOU GET STARTED

Take a couple of deep breaths:
In through your nose and out through
your mouth. Also take time for deep
breaths between each song.

If you find the exercises are too tiring,
you can reduce the intensity by:

- only using arms (no legs)
- smaller movements, less reaching
- going slower
- only do a couple of songs

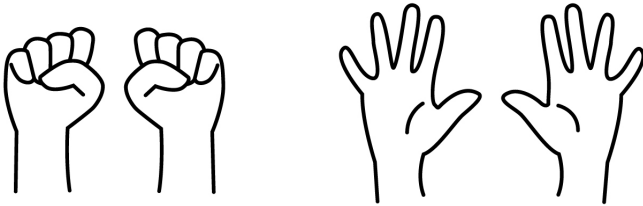
Feel free to adjust any of the actions to
your ability. If it's hard to lift your legs,
then focus on your arms or vice versa.

Any kind of movement is good!

READY TO BEGIN?

*Don't worry you don't need to be a good
singer, just a joyful singer.*

1. MY BONNIE LIES OVER THE OCEAN



Make a fist, stretch fingers wide

My Bonnie lies over the ocean

My Bonnie lies over the sea

My Bonnie lies over the ocean

So bring back my Bonnie to me



Play piano (wiggle fingers)

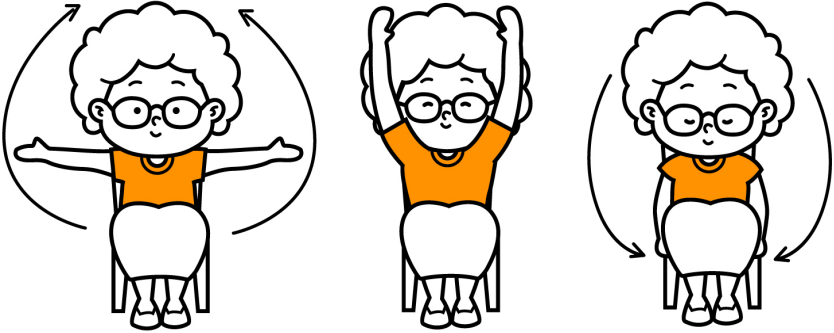
Bring back, bring back

Oh bring back my Bonnie to me, to me!

Bring back, bring back

Oh bring back my Bonnie to me, to me!

2. YOU ARE MY SUNSHINE

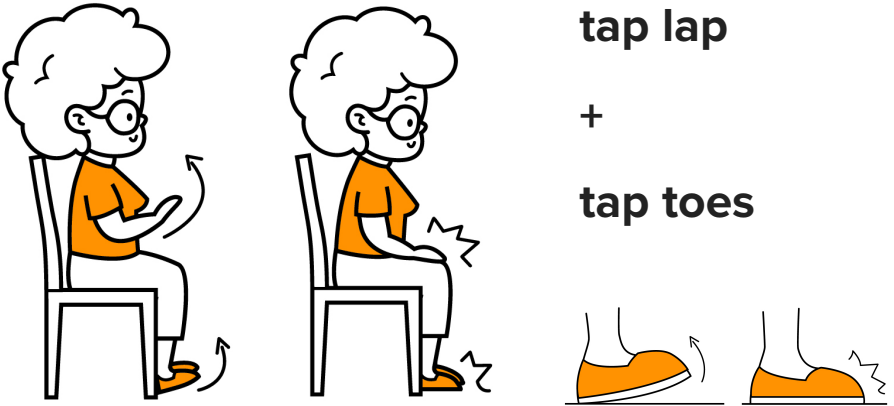


**Reaching arms out to side
and up overhead**

You are my sunshine
My only sunshine
You make me happy
When skies are grey

You never know dear
How much I love you
Please don't take
my sunshine away

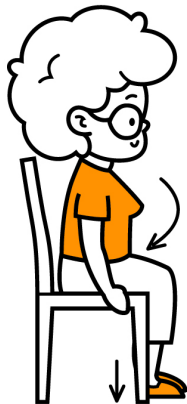
3. LOOKING OVER A FOUR LEAF CLOVER



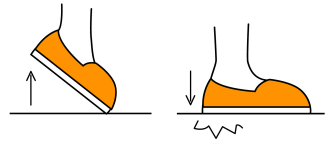
I'm looking over a four-leaf clover
I overlooked before
One leaf is sunshine, the second is rain
Third is the roses that grow in the lane

No need explaining, the one remaining
Is somebody I adore
I'm looking over a four-leaf clover
I overlooked before!

4. PACK UP YOUR TROUBLES



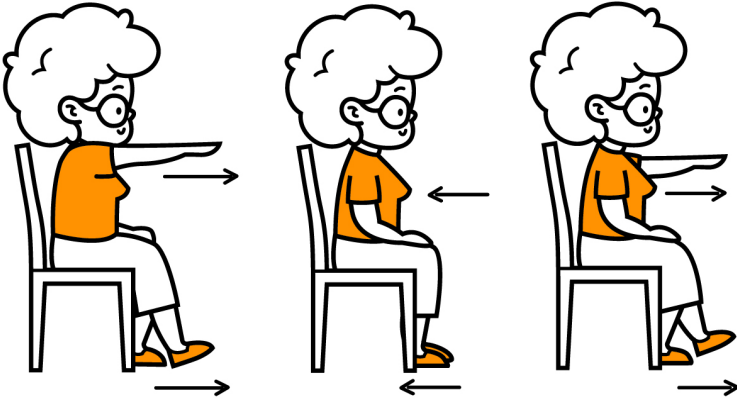
bend elbows
(hands to shoulders)
+
heels up
(up on tippy toes)



Pack up your troubles
in your old kit-bag
And smile, smile, smile
While you've a lucifer to light your fag
Smile, boys, that's the style!

What's the use of worrying?
It never was worthwhile, SO....
Pack up your troubles in your old kit-bag
And smile, smile, smile

5. WHEN THE SAINTS GO MARCHING IN



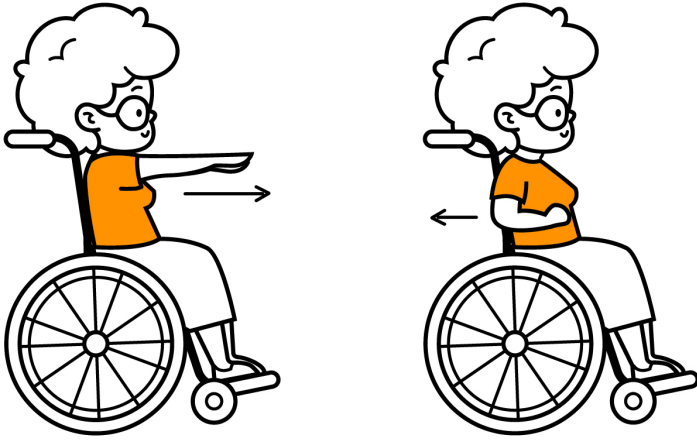
Step front & step back - alternating legs

Reach out - alternating arms

Oh, when the saints go marching in,
Oh when the saints go marching in,
Oh Lord how I want to be in that number
When the saints go marching in

REPEAT

6. ROW, ROW, ROW YOUR BOAT

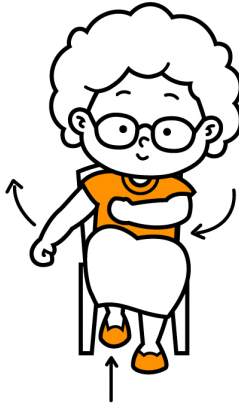
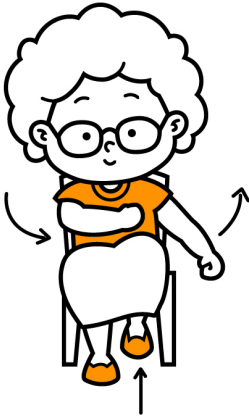


Row: reach forward + pull back

Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream

Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream

7. IT'S A LONG WAY TO TIPPERARY



March

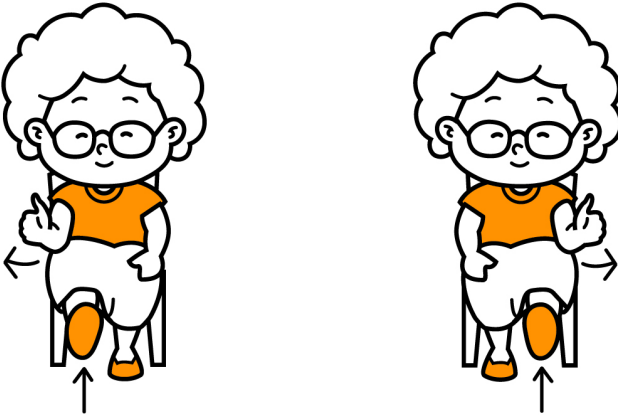
+

Swing arms

It's a long way to Tipperary
It's a long way to go.
It's a long way to Tipperary
To the Sweetest girl I know!

Goodbye Piccadilly
Farewell Leicester Square!
It's a long long way to Tipperary
But my heart's right there.

8. BEER BARREL POLKA

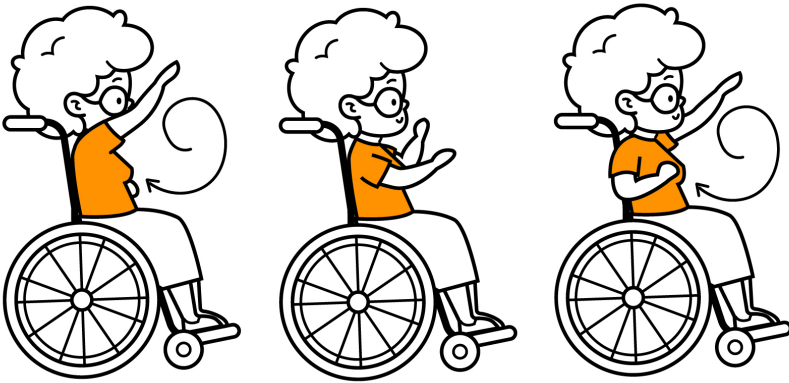


Kick - alternating legs
Reach out - alternating arms

Roll out the barrel,
we'll have a barrel of fun
Roll out the barrel,
we've got the blues on the run

Zing boom tararrel,
ring out a song of good cheer
Now's the time to roll the barrel,
for the gang's all here!

9. BICYCLE BUILT FOR TWO



Arm circles forward (like swimming)

Daisy, Daisy,
Give me your answer do!
I'm half crazy,
All for the love of you!

Arm circles backwards

It won't be a stylish marriage
I can't afford a carriage
But you'll look sweet upon the seat
Of a bicycle made for two.

10. QUE SERA, SERA



Roll shoulders back and down

When I was just a little girl,
I asked my mother, "What will I be?
Will I be pretty? Will I be rich?"
Here's what she said to me

Que sera, sera
Whatever will be, will be
The future's not ours to see
Que sera, sera
What will be, will be



*Getting people moving with simple
cardio chair exercise & energizing*

Heart Beats Club provides pre-choreographed chair exercises coordinated with energizing music for seniors in Long Term Care, Adult Day Programs and Retirement Communities. Activities staff can stream videos online for their residents/clients or become certified to lead their own classes.

Tammy Hand Stone, the creator of Heart Beats Club, has designed this Sing-a-Song for Spirit exercise booklet. Tammy is an experienced Senior's Fitness Instructor and has personally led 4,500+ exercise classes. She has trained front line staff how to safely and effectively lead the Heart Beats Exercise Program. She has also been a presenter at Recreational Therapy Conferences on how to make exercise more fun.

*Way to go!
I hope you are feeling
energized after the
music and exercise*



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LIMITATION ON LIABILITY

Even though exercise is an important factor in achieving and maintaining good health, you may have pre-existing health conditions that should be cleared by a medical professional before starting a new exercise activity.

All suggested movements in this booklet are not required to be performed by you and are carried out at your and/or your caregiver's election. Nothing contained herein should be constructed as any form of such medical advice or diagnosis.

By using this content you and your caregiver on your behalf, represent that you understand that physical exercise involves movement that carries risk of injury. It is the responsibility of you and/or your caregiver to judge your physical and mental capabilities for such activities.

You and your caregiver on your behalf, expressly waive and release any claim at any time for injury of any kind arising out of your participation against Heart Beats Club and any person involved including without limitation to its directors, principals, instructors, employees and representatives.

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