

**SWEET MEMORIES  
DEMENTIA CHOIR**

**SWEET MEMORIES VIRTUAL CHOIR  
SONG LIST**

- 1. YOU ARE MY SUNSHINE**
- 2. HEART AND SOUL**
- 3. MOLLY MALONE**
- 4. WILD ROVER**
- 5. IRELAND'S CALL**
- 6. MOON RIVER**
- 7. EDELWEISS**
- 8. OVER THE RAINBOW**
- 9. OH WHAT A BEAUTIFUL MORNING**
- 10. I'D LIKE TO TEACH THE WORLD TO SING**
- 11. TOP OF THE WORLD**
- 12. GRACE**
- 13. AND I LOVE YOU SO**
- 14. LOVE ME TENDER**
- 15. ALL I HAVE TO DO IS DREAM**
- 16. BLACK HILLS OF DAKOTA**
- 17. QUE SERA**
- 18. SECRET LOVE**
- 19. WHEN I'M 64**
- 20. OB-LA-DI OB-LA-DA**
- 21. WITH A LITTLE HELP FROM MY FRIENDS**
- 22. DA DOO RON RON**
- 23. GOODBYE VENICE**

## **WARM UPS – PHYSICAL**

1. TWINKLE FINGERS – extend arms in front and wiggle fingers – retract arms – repeat x5
2. YAWN AND STRETCH –
3. 5,4,3,2,1 – Flick out right hand count 5,4,3,2,1- repeat with left hand – then both feet
4. SHOULDER ROLLS – Forward and Back counting backwards 5,4,3,2,1

## **WARM UPS – VOCAL**

1. BREATHE AND SUSTAIN – Breath in and out slowly a few times, then hold breath for 4 counts and exhale on any note to AH sound.
2. NOTE SCALE – Ascending and descending 5 note scale to Ah - Eee - Oh - Ooh
3. BELLA SENORA – Arpeggio in various keys
4. BELLA MAMA YAY
5. SUPER-DUPER-DOUBLE-BUBBLEGUM
6. WELCOME SONG – Welcome each pair by name

## **ROW YOUR BOAT**

Row row row your boat

Gently down the stream

Merrily merrily merrily merrily

Life is but a dream

## **BELLA MAMA**

Bella Mama – Bella Mama Yay

Bella Mama – Bella Mama Yay

Bella Mama- Bella Mama – Bella Mama – Bella Mama

Bella Mama – Bella Mama Ya

# YOU ARE MY SUNSHINE

You are my sunshine  
My only sunshine  
You make me happy  
When skies are grey  
You'll never know dear  
How much I love you  
Please don't take my sunshine away

The other night dear  
As I lay dreaming  
I dreamt I held you in my arms  
When I awoke dear  
I was mistaken  
I hung my head and cried

You are my sunshine  
My only sunshine  
You make me happy  
When skies are grey  
You'll never know dear  
How much I love you  
Please don't take my sunshine away

## HEART AND SOUL

Heart and soul, I fell in love with you  
Heart and soul, the way a fool would do  
Madly, because you held me tight  
And stole a kiss in the night

Heart and soul, I begged to be adored  
Lost control, and tumbled overboard  
Gladly, that magic night we kissed  
There in the moon-mist

Oh, but your lips were thrilling  
Much too thrilling  
Never before were mine so  
Strangely willing

But now I see  
What one embrace can do  
Look at me  
It's got me loving you  
Madly  
That little kiss you stole  
Held all my Heart and Soul

Oh, but your lips were thrilling  
Much too thrilling  
Never before were mine so  
Strangely willing

But now I see  
What one embrace can do  
Look at me  
It's got me loving you  
Madly  
That little kiss you stole  
Held all my Heart and Soul

## MOLLY MALONE

In Dublin's fair city  
Where the girls are so pretty  
I first set my eyes on sweet Molly Malone  
As she wheeled her wheelbarrow  
Through the streets broad and narrow  
Crying "cockles and mussels, alive, alive, oh"  
Alive, alive, oh. Alive, alive, oh  
Crying "cockles and mussels, alive, alive, oh"  
She was a fishmonger  
And sure, t'was no wonder  
For so were her mother and father before  
And they wheeled their barrow  
Through the streets broad and narrow  
Crying "cockles and mussels, alive, alive, oh"  
Alive, alive, oh . Alive, alive, oh  
Crying "cockles and mussels, alive, alive, oh"  
She died of a fever  
And sure, so one could save her  
And that was the end of sweet Molly Malone  
Now her ghost wheels her barrow  
Through the streets broad and narrow  
Crying "cockles and mussels, alive, alive, oh"  
Alive, alive, oh. Alive, alive, oh  
Crying "cockles and mussels, alive, alive, oh"

## THE WILD ROVER

I've been a wild rover for many's the year  
And I've spent all me money on whiskey and beer  
But now I'm returning with gold in great store  
And I never will play the wild rover no more

And it's no, nay, never  
No, nay, never no more  
Will I play the wild rover  
No, never no more

I went into an alehouse I used to frequent  
And I told the landlady me money was spent  
I asked her for credit, she answered me "nay"  
"Such a custom as yours I can have every day"

And it's no, nay, never  
No, nay, never no more  
Will I play the wild rover  
No, never no more

I then took from me pocket ten sovereigns bright  
And the landlady's eyes opened wide with delight  
She says "I have whiskeys and wines of the best"  
And the words that you tolt me were only in jest

And it's no, nay, never  
No, nay, never no more  
Will I play the wild rover  
No, never no more

I'll go home to my parents, confess what I'd done  
And I'll ask them to pardon their prodigal son  
And when they've caressed me as oft times before  
I never will play the wild rover no more

And it's no, nay, never  
No, nay, never no more  
Will I play the wild rover  
No, never no more  
(REPEAT LAST VERSE)

## IRELAND'S CALL

Come the day and come the hour  
Come the power and the glory  
We have come to answer our country's call  
From the four proud provinces of Ireland

Ireland, Ireland  
Together standing tall  
Shoulder to shoulder  
We'll answer Ireland's call

From the mighty Glens of Antrim  
From the rugged hills of Galway  
From the walls of Limerick and Dublin Bay  
From the four proud provinces of Ireland

Ireland, Ireland  
Together standing tall  
Shoulder to shoulder  
We'll answer Ireland's call

## **MOON RIVER**

Moon river wider than a mile  
I'm crossing you in style someday  
Old dream maker  
You heartbreaker  
Wherever you're going  
I'm going your way

Two drifters off to see the world  
There's such a crazy world to see  
We're after the same rainbow's end  
Waiting round the bend  
My Huckleberry friend  
Moon river and me

## **EDELWEISS**

Edelweiss, Edelweiss  
Every morning you greet me  
Small and white clean and bright  
You look happy to meet me

Blossom of snow, may you bloom and grow  
Bloom and grow forever  
Edelweiss, Edelweiss  
Bless my homeland forever

Edelweiss, Edelweiss  
Every morning you greet me  
Small and white clean and bright  
You look happy to meet me

Blossom of snow, may you bloom and grow  
Bloom and grow forever  
Edelweiss, Edelweiss  
Bless my homeland forever

Blossom of snow, may you bloom and grow  
Bloom and grow forever  
Edelweiss, Edelweiss  
Bless my homeland forever

## OVER THE RAINBOW

Somewhere over the rainbow  
Way up high  
There's a land that I heard of  
Once in a lullaby  
Somewhere over the rainbow  
Skies are blue  
And the dreams that your dare to dream  
Really do come true

Someday I'll wish upon a star  
And wake up where the clouds are far behind me  
Where troubles melt like lemon drop  
Way above the chimney tops  
That's where you'll find me

Somewhere over the rainbow blue birds fly  
Birds fly over the rainbow  
Why then oh why can't I?

If happy little bluebirds fly  
Above the rainbow  
Why oh why can't I?

# OH WHAT A BEAUTIFUL MORNING

There's a bright golden haze on the meadow  
There's a bright golden haze on the meadow  
The corn is as high as an elephant's eye  
And it looks like it's climbing clear up to the sky

Oh what a beautiful morning  
Oh what a beautiful day  
I've got a beautiful feeling  
Ev'ry thing's going my way

All the sounds of the earth are like music  
All the sounds of the earth are like music  
The breeze is so busy it don't miss a tree  
An old weeping willow is laughing at me

Oh what a beautiful morning  
Oh what a beautiful day  
I've got a beautiful feeling  
Ev'ry thing's going my way  
Oh what a beautiful day

## I'D LIKE TO TEACH THE WORLD TO SING

I'd like to build the world a home  
And furnish it with love  
Grow apple trees and honey bees  
And snow white turtle doves

I'd like to teach the world to sing  
In perfect harmony  
I'd like to hold it in my arms  
And keep it company  
I'd like to see the world for once  
All standing hand in hand  
And hear them echo through the hills  
For peace throughout the land

I'd like to teach the world to sing in perfect harmony  
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I'd like to teach the world to sing in perfect harmony  
I'd like to teach the world to sing in perfect harmony

## TOP OF THE WORLD

Such a feelin's comin' over me  
There is wonder in 'most every thing I see  
Not a cloud in the sky, got the sun in my eyes  
And I won't be surprised if it's a dream

Everything I want the world to be  
Is now comin' true especially for me  
And the reason is clear, it's because you are here  
You're the nearest thing to heaven that I've seen

I'm on the top of the world lookin' down on creation  
And the only explanation I can find  
Is the love that I've found ever since you've been around  
Your love's put me at the top of the world

Somethin' in the wind has learned my name  
And it's tellin' me that things are not the same  
In the leaves on the trees and the touch of the breeze  
There's a pleasin' sense of happiness for me

There is only one wish on my mind  
When this day is through I hope that I will find  
That tomorrow will be just the same for you and me  
All I need will be mine if you are here

I'm on the top of the world lookin' down on creation  
And the only explanation I can find  
Is the love that I've found ever since you've been around  
Your love's put me at the top of the world

I'm on the top of the world lookin' down on creation  
And the only explanation I can find  
Is the love that I've found ever since you've been around  
Your love's put me at the top of the world

## GRACE

As we gather in the chapel here in old Kilmainham jail  
I think about the last few weeks, oh will they say we  
failed  
From our school days they have told us we must yearn  
for liberty  
Yet all I want in this dark place is to have you here with  
me.

Oh Grace, just hold me in your arms and let this moment  
linger  
They'll take me out at dawn and I will die  
With all my love I place this wedding ring upon your  
finger  
There won't be time to share our love for we must say  
goodbye.

Now I know it's hard for you my love to ever understand  
The love I bear for these brave men, my love for this dear  
land  
But when Padraig called me to his side down in the  
G.P.O.  
I had to leave my own sick bed, to him I had to go.

Oh Grace, just hold me in your arms and let this moment  
linger  
They'll take me out at dawn and I will die  
With all my love I place this wedding ring upon your  
finger  
There won't be time to share our love for we must say  
goodbye.

Now as the dawn is breaking my heart is breaking too  
On this May morn as I walk out, my thoughts will be of  
you  
And I'll write some words upon the wall so everyone will  
know  
I loved so much, that I could see his blood upon the rose

Oh Grace, just hold me in your arms and let this moment  
linger  
They'll take me out at dawn and I will die  
With all my love I place this wedding ring upon your  
finger  
There won't be time to share our love for we must say  
goodbye

There won't be time to share our love so we must say  
goodbye

## AND I LOVE YOU SO

And I love you so  
The people ask me how  
How I've lived 'till now  
I tell them I don't know

I guess they understand  
How lonely life has been  
That, life began again  
The day you took my hand

And yes, I know how lonely life can be  
The shadows follow me and the night won't set me free  
But I don't let the evening get me down  
Now that you're around me

And you love me too  
Your thoughts are just for me  
You set my spirit free  
I'm happy that you do

The book of life is brief  
And once a page is read  
All but love is dead  
That is my belief

And yes, I know how lonely life can be  
The shadows follow me and the night won't set me free  
But I don't let the evening get me down  
Now that you're around me

## LOVE ME TENDER

Love me tender, love me sweet  
Never let me go  
You have made my life complete  
And I love you so

Love me tender, love me true  
All my dreams fulfill  
For, my darling I love you  
And I always will

Love me tender, love me dear  
Tell me you are mine  
I'll be yours through all the years  
'Till the end of time

Love me tender, love me true  
All my dreams fulfill  
For, my darling I love you  
And I always will

## ALL I HAVE TO DO IS DREAM

Dream  
dream, dream, dream  
Dream,  
dream, dream, dream

When I want you in my arms  
When I want you and all your charms  
Whenever I want you all I have to do is dream  
Dream, dream, dream,

When I feel blue in the night  
And I need you to hold me tight  
Whenever I want you  
All I have to do is dream

I can make you mine Taste your lips of wine  
Anytime night or day  
Only trouble is , Gee whiz  
I'm dreamin' my life away

I need you so, that I could die  
I love you so and that is why  
Whenever I want you  
All I have to do is dream

I can make you mine, Taste your lips of wine  
Anytime night or day  
Only trouble is, Gee whiz  
I'm dreamin' my life away

I need you so, that I could die  
I love you so and that is why  
Whenever I want you  
All I have to do is dream  
Dream, dream, dream

Dream, dream, dream, dream  
Dream, dream, dream, dream

## **BLACK HILLS OF DAKOTA**

Take me back to the Black Hills  
The Black Hills of Dakota  
To the beautiful Indian country that I love  
Lost my heart in the Black Hills  
The Black Hills of Dakota  
Where the pines are so high that they kiss the sky above

And when I get that lonesome feeling  
And I'm miles away from home  
I hear the voice of the mystic mountains  
Calling me back home

So, Take me back to the Black Hills  
The Black Hills of Dakota  
To the beautiful Indian country that I love

And when I get that lonesome feeling  
And I'm miles away from home  
I hear the voice of the mystic mountains  
Calling me back home

So, Take me back to the Black Hills  
The Black Hills of Dakota  
To the beautiful Indian country that I love

Take me back to the Black hills  
To the beautiful Indian country that I love

## QUE SERA SERA

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

When I grew up and fell in love  
I asked my sweetheart  
What lies ahead?  
Will we have rainbows, day after day?  
Here's what my sweetheart said

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

Now I have children of my own  
They ask their mother, what will I be?  
Will I be handsome, will I be rich?  
I tell them tenderly

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

## SECRET LOVE

Once I had a secret love  
That lived within the heart of me  
All too soon my secret love  
Became impatient to be free

So I told a friendly star  
The way that dreamers often do  
Just how wonderful you are  
And why I'm so in love with you

Now I shout it from the highest hills  
Even told the golden daffodils  
At last my heart's an open door  
And my secret love's no secret anymore

Now I shout it from the highest hills  
Even told the golden daffodils  
At last my heart's an open door  
And my secret love's no secret anymore

## WHEN I'M 64

When I get older losing my hair  
Many years from now  
Will you still be sending me a Valentine  
Birthday greetings, bottle of wine  
If I'd been out til quarter to 3  
Would you lock the door?  
Will you still need me – will you still feed me?  
When I'm 64?

Ev'ry Summer we can rent a cottage in the Isle of Wight  
We can scrimp and save  
But if you say the word  
I could stay with you

I could be handy mending a fuse  
When your lights are gone  
You can knit a sweater by the fireside  
Sunday mornings go for a ride  
Doing the garden  
Digging the weeds  
Who could ask for more  
Will you still need me – will you still feed me?  
When I'm 64?

Ev'ry Summer we can rent a cottage in the Isle of Wight  
We can scrimp and save  
But if you say the word  
I could stay with you

When I get older losing my hair  
Many years from now  
Will you still be sending me a Valentine  
Birthday greetings, bottle of wine  
If I'd been out til quarter to 3  
Would you lock the door?  
Will you still need me – will you still feed me?  
When I'm 64?  
Do do do do do do do do do  
Do do do do do do do do do do!

## OB-LA-DI OB-LA-DA

Desmond has his barrow in the market place...  
Molly is the singer in a band...  
Desmond says to Molly "Girl, I like your face"  
And Molly says this as she takes him by the hand...

Ob-la-di, ob-la-da, life goes on, brah!...  
Lala how the life goes on...  
Ob-la-di, ob-la-da, life goes on, brah!...  
Lala how the life goes on.

Desmond takes a trolley to the jewelry store...  
Buys a twenty carat golden ring...  
Takes it back to Molly waiting at the door...  
And as he gives it to her she begins to sing...

Ob-la-di, ob-la-da, life goes on, brah!...  
Lala how the life goes on...  
Ob-la-di, ob-la-da, life goes on, brah!...  
Lala how the life goes on.

In a couple of years they have built a home sweet home,  
With a couple of kids running in the yard,  
Of Desmond and Molly Jones... (Ha ha ha ha ha)

Happy ever after in the market place...  
Desmond lets the children lend a hand...  
Molly stays at home and does her pretty face...  
And in the evening she's a singer with the band

Ob-la-di, ob-la-da, life goes on, brah!...  
Lala how the life goes on...  
Ob-la-di, ob-la-da, life goes on, brah!...  
Lala how the life goes on.

In a couple of years they have built a home sweet home,  
With a couple of kids running in the yard,  
Of Desmond and Molly Jones

Happy ever after in the market place...  
Molly lets the children lend a hand...  
Desmond stays at home and does his pretty face...  
And in the evening she still sings it with the band...

Ob-la-di, ob-la-da, life goes on, brah!...  
Lala how the life goes on...  
Ob-la-di, ob-la-da, life goes on, brah!...  
Lala how the life goes on.

And if you want some fun  
Sing obladi ba da!

## WITH A LITTLE HELP FROM MY FRIENDS

What would you think if I sang out of tune,  
Would you stand up and walk out on me?  
Lend me your ears and I'll sing you a song  
And I'll try not to sing out of key

Ooh I get by with a little help from my friends  
Mm I get high with a little help from my friends  
Mm I'm gonna try with a little help from my friends

What do I do when my love is away?  
Does it worry you to be alone?  
How do I feel by the end of the day  
Are you sad because you're on your own?

No I get by with a little help from my friends  
Mm I get high with a little help from my friends  
Mm I'm gonna try with a little help from my friends

Do you need anybody?  
I need somebody to love  
Could it be anybody?  
I want somebody to love

Would you believe in a love at first sight?  
Yes I'm certain that it happens all the time  
What do you see when you turn out the light?  
I can't tell you, but I know it's mine

Ooh I get by with a little help from my friends  
Mm I get high with a little help from my friends  
Mm I'm gonna try with a little help from my friends  
With a little help from my frie -----ends

## DA DOO RON RON

Doo ron ron ron, da doo ron ron,  
Doo ron ron ron, da doo ron ron  
Doo ron ron ron, da doo ron ron  
Doo ron ron ron, da doo ron ron

I met him on a Monday and my heart stood still  
Da Doo ron ron ron Da doo ron ron  
Somebody told me that his name was Bill  
Da Doo ron ron ron Da doo ron ron

Yeah, my heart stood still  
Yeah, his name was Bill  
And, when he walked me home  
Da Doo ron ron ron Da doo ron ron

He knew what he was doin' when he caught my eye  
Da Doo ron ron on Da doo ron ron  
He looked so quiet but my oh my  
Da Doo ron ron ron Da doo ron ron

Yeah, he caught my eye  
Yeah, but my oh my  
And, when he walked me home  
Da Doo ron ron ron Da doo ron ron

He picked me up at seven and he looked so fine  
Da Doo ron ron ron Da doo ron ron  
Some day soon I'm gonna make him mine  
Da Doo ron ron ron Da doo ron ron

Yeah, he looked so fine  
Yeah, I'm gonna make him mine  
And when he walked me home  
Da Doo ron ron ron Da doo ron ron

## GOODBYE VENICE GOODBYE

Goodbye my lovely friend  
Your bridges sigh no more  
I hope we'll meet again  
I've lost you now for sure  
Goodbye my lovely friend  
I loved you from the start  
I knew that it would end  
But didn't have the heart  
To see us part  
Now I must go  
Sooooooooooooo

Goodbye Venice goodbye  
I must leave you to die  
Goodbye Venice goodbye  
Goodbye my love  
Goodbye Venice goodbye  
I must leave you to die  
Goodbye Venice goodbye  
Goodbye my love

Reflections from the sea  
Cast shadows in your hair  
You came and sat by me  
Beside Saint Marco square  
You said you were alone  
Love shining in your eyes  
But Venice though it's stone  
Beneath it all it dies  
Oh, yes it dies, just like our love  
Sooooooooooooooooo

Goodbye Venice goodbye  
I must leave you to die  
Goodbye Venice goodbye  
Goodbye my love

Goodbye Venice goodbye  
I must leave you to die  
Goodbye Venice goodbye  
Goodbye my love

Goodbye Venice goodbye  
I must leave you to die  
Goodbye Venice goodbye  
Goodbye my love