SING ALONG FAVORITES

My Bonnie Lies Over the Ocean

The words to this song are very repetitive and everyone seems to know it. It's a long song that lets people with memory loss settle in and feel secure singing something they know really well. You can learn how to add some simple movements on my Singing Heart to Heart YouTube channel.

I've Been Working on the Railroad

This song has a strong and steady beat. And everyone knows it. Use it to encourage marching in place while seated and clapping along. Or bring rhythm sticks to tap out the beat.

You Are My Sunshine

This is a proverbial favorite. Many people have relationships tied to this song. Take a minute to ask about that. It can spark a discussion amongst the folks singing together. Did they sing this with their sweetheart or their children? Did their mother sing it to them?

Swing Low Sweet Chariot

This African American spiritual tends to have a calming effect. It invites gentle swaying back and forth. But it can also be lively and energetic. Try starting out with a slow gentle rhythm and then for fun pick up the pace the last time you sing the chorus.

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God Bless America

Even reluctant singers can't resist this patriotic song. It's easier than the national anthem and it works great to get people started.

The Old Gray Mare

This funny song is always a hit. The words are very simple and they repeat. I always start by asking “Do you ever feel like an old gray mare?” Then I point to my gray hair and tell them “I sure do!” Go for the laugh!

Let Me Call You Sweetheart

This is a very old song and one that most folks learned from their parents. Short and sweet and very familiar. Sing it twice.

The Irish Lullaby

This is a gentle, peaceful song. It creates a calm mood and would be a good song to end the day with. Don’t worry about the verses. Just sing the chorus several times. "Too-ra-loo-ra-loo-ra.

Take Me Out to the Ball Game

"Play ball!” “Batter up!” Sometimes I pretend to bat a ball and see if folks can guess what song we are going to sing. Sing it twice and insert the name of a local or favorite ball team. “For it’s root, root, root for the ..... If they don’t win it’s a shame.”