

# Contents

Music and Older Adults - General Ideas and Guidelines .....	1
Getting Acquainted .....	3
Hello and Good-bye Songs .....	4
Small Groups .....	6
Song Activities .....	7
Drum Activities .....	10
Music Milestones .....	12
Session Plans .....	15
America, the Beautiful .....	17
Angels .....	19
Animals .....	21
Autumn .....	24
Beauty .....	26
Bells .....	27
Birthdays .....	28
Black History Month .....	30
Boating Music .....	31
Camping .....	33
Chasing the Blues Away .....	34
Children .....	35
A Classical Oktoberfest .....	37
Colors of the Day .....	38
Dancing .....	40
Defining Moments .....	42
Dreaming .....	45
Fast Facts About Trumpets .....	47
Father's Day .....	48
Flowers .....	49
Food and Drink .....	51
Friendship .....	53
Gardens .....	55
Gifts .....	57
Groundhog Day .....	59
Halloween .....	61
Hands .....	62
Happy New Year .....	63
Holiday Lights .....	65
Home, Sweet Home .....	67
Humor in Music .....	69
I Love a Piano .....	71
Melody .....	72

Mother's Day .....	73
Motoring .....	75
Music and Feelings .....	76
Music from the Fifties .....	78
A Musical Vacation.....	79
My Favorite Things.....	81
Olympics and National Anthems .....	82
Portraying Love in Music .....	84
Presidents' Day .....	86
Rainbows .....	89
"Remember the Ladies" .....	90
Roses .....	91
School Days .....	93
Songs in Space .....	95
Songs of the Earth .....	96
Spring .....	98
Summer .....	99
Summer Vacation.....	100
Sunshine.....	102
Thanksgiving.....	103
Train Travel .....	104
Wellness.....	106
What Song? .....	108
Winter .....	109
Ya Gotta Have Heart.....	111
Musician Bios .....	113
Fred Astaire .....	115
Ludwig Van Beethoven.....	116
Irving Berlin.....	117
Leonard Bernstein.....	119
Aaron Copland .....	120
Duke Ellington .....	121
George Gershwin .....	122
Oscar Hammerstein II.....	124
Jerome Kern .....	125
Cole Porter .....	126
Additional Music .....	127
Index to Songs .....	134
Other Music Available .....	135