

Music Selections for Ageless Grace® from Educator Ann MacDonald

Ageless Grace Book List - * Underlined – Denise’s play list S = slow F = fast

1930’s #1: **F** - Hot lips, Heat Wave, St Louis blues, Forty-second St, We’re in the money: **S** - You oughta be in pictures

1930 #2: **S** - All of me

1930 #3: **F** -On the sunny side of the street, Get Happy, Happy days are here again, Puttin on the Ritz, There is a tavern in the town: **S** - Georgia on my mind

1930 #4: **F** - Mandy, I get a kick out of you (Sinatra too), I got Rhythm, Sweet Georgia Brown, Muskrat Ramble, Anything Goes: **S** - Let me call you Sweetheart

1964: **F** - Do wah diddy diddy, Hippy hippy shakes, Fun fun fun

1965: **F** - Woolly bully

1966: **F** – I fought the law, Barbara Ann, I’m a believer, Good Vibrations: **S** – Good Vibrations, Summer in the city, Did you ever have to make up your mind, Monday Monday

1967: **S** – Daydream believer

1968: **F** – Born to be wild, Everyday people: **S** - Dock of the Bay, It’s a beautiful morning

Best of 60’s– 80’s: **F** - I feel good, Let’s twist again

Academy Songs #1: **F** - Lullaby of Broadway, Swing on a Star: **S** - The Way you look Tonight, Thanks for the Memory

Academy Songs #2: **F** - Atchison Topeka Santa Fe, Zip a dee doo dah, Cool of the evening

Academy Songs #3: **F** – High Hopes, Talk to the Animals, Born Free, Chim Chim cheree

Academy Songs #4: **F** - Shaft, Last Dance, Fame

Academy Songs #5: **F** – What a feelin, Dirty Dancing, Under the Sea: **S** - Tale as old as Time – Beauty and the Beast, Over the Rainbow(Garland)

Armstrong and Ellington: **F** - It don’t mean a thing

Beatles: **F** – She loves you, I want to hold your hand, Can’t buy me love, Hard day’s night, Help, Yesterday: **S** - We can work it out, Yellow Submarine, Let it be

Tony Bennett Duets 2: Blue velvet,

Irving Berlin: **F** – Puttin on the Ritz, Play a Simple Melody, Steppin out with my baby, Alexander’s ragtime band: **S** - Cheek to Cheek

Best of 50’s rock n’ roll: **F** – Haley/Comets – rock around the clock, Johnny B Goode, Wake up Little Susie

Big Chill: **S** – Heard it thru the grapevine: **F** – Good Lovin

Michael Buble: **S** - All of me, Georgia on my Mind, Haven’t met you Yet: **F** - All I do is dream of you

Campfire Classics: **F** – Feelin groovy: **S** - Alice’s restaurant

Eva Cassidy: **S** - Over the rainbow

Clooney: **F** - Mambo Italiano, Sisters, Come On-A My House, In the Cool of the Evening: **S** - This Ole House

Leonard Cohen: **S** – Alleluia

Nat King Cole (World of): Stardust

Could You Wait: **F** - Steppin out with my baby: **S** - It had to be you

Country #1: **F** - Five foot two

Elvis: **F** - That's all right, I got stung, Bossa Nova Baby, I'm a roustabout: **S** - Mean Woman Blues, Trouble, I feel so bad, You don't have to say you love me

Enya: **F** - Only time

Ella Fitzgerald - Best: **F** – Oh Lady be good

Ella Fitzgerald - Ultimate: **F** - A tisket a tasket

Everly Bros (best of): Bird Dog

Footloose: **F** - Footloose, Let's hear it for the boy, Holding out for a hero

Graduate: **S** - Mamas/Papas - California Dreamin, **F** - Love Potion #9 – Herb Alpert/Brass

Grammy: **F** – We didn't start the fire, Come Together, Respect

Forrest Gump: **F** -Hound Dog, Walk right in, Land of 1000 dances, Sugar Pie honey bunch, Joy to the World, Respect: **S** - Sloop John B, California Dreamin, Mrs. Robinson, On the road again

When Harry met Sally: **F** - It had to be you, Stompin at the savoy

Billie Holiday - Love Songs: **S** - All of Me

Hotel for Dogs: **F** - Ruff ruff ruff, My best friend

Michael Jackson: Thriller, Beat it

Lady Sings the Blues: **S** - Peggy Lee – Fever, Summertime

Mamas/Papas – The Graduate - California Dreamin

Peggy Lee (Bette Midler): **S** - I'm a woman, Big Spender, Fever

Legends of Rock/Roll: **F** - Shake rattle and roll, Jailhouse rock, Choo choo ch'bougie, Blue Suede Shoes, Rebel Rouser, Surfin Safari, Memphis Tennessee, Maybelline: **S** - Be bop a lula

Gordon Lightfoot: **S** – If I could read your mind

Guy Lombardo: **S** – The Band Played On

Mamma Mia: **F** - Money money, Mamma Mia, Dancing Queen, SOS, Super Trouper, Gimme Gimme

Mancini: **F** - Pink Panther, Peter Gunn: **S** - Moon River (Academy Songs #3 – Moon River), Romeo and Juliet

Glenn Miller: **F** – Pennsylvania 6–5000 – 7, Chattanooga Choo choo, Don't sit under the Apple Tree, In the Mood – awesome, Everybody loves my baby, Little Brown Jug : **S** - Blues in my Heart, Begin the Beguine, St Louis Blues March - for marching band, String of Pearls, Sunrise Serenade

Musical Medleys: any song – all orchestra

My Oldies CD: **F** -If you wanna be happy, It's in his kiss, Ain't no mountain, Manic Monday, Sugar sugar, Nana hey hey goodbye, La Bamba: **S** - I'll be there, Pretty Woman, Lady in red, What a wonderful world

Shaggy Dog movie – Woof There it is, It's a Dog

Simon and Garfunkel: **S** - Sounds of silence, I am a rock

Sinatra: **S** - Strangers in the night, New York, Kick out of you, Moon River, Love and marriage, Fly me to the moon; They Can't take that away from me, I get a Kick out of You (1930 too)

Sleepless in Seattle: **S** - As time goes by (Durante), Makin Whoopee, Back in the Saddle again, Wink and A Smile, Make someone Happy

Temagami: **S** - How can I keep from singing

Vietnam: **F** - Nowhere to run, I get around: **S** - Five o'clock world, What a wonderful world

JUICY JOINTS: Peggy Lee – I'm a woman - 6; Beatles – I want to hold your hand - 4; Gump- Walk right in –1/4; Oldies - Manic Monday – 6; Sinatra – New York – 3; Sinatra - I get a kick out of you – 4; Footloose - Let's hear it for the boy – 2
Academy Songs #1: Lullaby of Broadway – 2; Glenn Miller – Everybody loves my baby – 21, Little Brown Jug – 2; Tony Bennett Duets 2 - Blue velvet - 5

DIVE IN: Clooney – Sisters – 8; Elvis – Mean Woman Blues - 6; Beatles - Yellow Submarine - 15; 1968 - Dock of the Bay – 6; Sinatra – Kick out of you – 4, Fly me to the moon – 13; 1930 #3 – On the sunny side of the street – 8; Legends of rock/roll – Surfin Safari – 16; Armstrong and Ellington: It don't mean a thing – 11; 1966 – Good Vibrations – 1, Barbara Ann – 14, , Academy Songs #5 – Under the Sea - 8

SPELLING 'B': Legends of Rock/Roll – Be bop a lula – 7, Rebel Rouser – 15; Love Songs - Billie Holiday – All of Me – 1; Sinatra - They Can't take that away from me – 11; Gump - Respect – 1/9; Mamma Mia – SOS – 16; Beatles – Help – 10; Glenn Miller - Pennsylvania 6–5000 – 7; Michael Buble – All of me – 2; Nat King Cole (World of) – L-o-v-e - 22

ORCHESTRA: Musical Medleys – any song; Elvis – That's all right - 1, Trouble - 11; Gump – Rebel Rouser –1/2; Oldies – If you wanna be happy – 1; 1930 #4 – I got Rhythm – 14, Anything Goes – 20; *Frank Sinatra: They can't take that away from me; Guy Lombardo – The Band Played On – 14; Glenn Miller - Begin the Beguine – 18, St Louis Blues March - for marching band – 20; Graduate - Love Potion #9 – Herb Alpert/Brass; Berlin - Play a Simple Melody – 7, Alexander's ragtime band - 14

ZOO-OLOGY: Elvis – I got stung - 12; 1968 – Born to be wild – 1; 1930 #2 – Tiger Rag – 16 (very fast); Vietnam – I get around – 3; Mancini - Pink Panther – 7, Peter Gunn – 15; Academy Songs #5 – Under the Sea – 8; Academy Songs #1- Swing on a Star; Academy Songs #3 – High Hopes – 2, Talk to the Animals – 10, Born Free – 9, Shaggy Dog movie – Woof There it is – 6, It’s a Dog – 7; Hotel for Dogs - My best friend - 11, Ruff ruff ruff – 7; Michael Jackson – Thriller – 1/9; Everly Bros (best of) – Bird Dog - 8

TRY CHI move slowly: Peggy Lee - Big Spender - 9; Elvis - You don’t have to say you love me – 24, American Trilogy - 25; Beatles – Let it be – 26; Cassidy – Over the rainbow - 10; Oldies – I’ll be there – 5; S&G – Sound of silence – 1; Sinatra – Moon river – 6; 1930 #2 - All of me – 15 (Buble too); Vietnam – What a wonderful world – 19; Mancini – Moon River – 2, Romeo and Juliet – 11; Glenn Miller – Blues in my Heart – 17; Buble – Georgia on my Mind - 3

YO BABY: Elvis – Trouble – 11; Beatles – Yesterday – 11; Temagami – How can I keep from singing - 10; 1968 – It’s a beautiful morning - 17; Oldies - Lady in red – 17; S&G - I am a rock – 11; Gordon Lightfoot – If I could read your mind – 19; Sinatra – Strangers in the night – 2; 1930 #4 – Let me call you Sweetheart – 3; Lady Sings the Blues – Fever – 1 - Bette – Fever – 1; Glen Miller - Don’t sit under the Apple Tree – 11; Nat King Cole – Stardust - 28

BODY MATH: Grammy – We didn’t start the fire – 1; Gump – Hound Dog – 1/1; 1966 – Summer in the city – 7; 1965 – Woolly bully – 8; 1930 #1 – St Louis blues – 13; Country #1 – Folsom prison – 9; Best of 60’s– 80’s - I feel good -2; Legends of Rock/Roll - Jailhouse rock – 12; Sinatra – New York – 3; Glenn Miller – Pennsylvania 6–5000 – 7; Best of 50’s rock n’ roll - Haley/Comets – rock around the clock - 1

GENTLE GEOMETRY: Beatles – Yellow Submarine – 15; Gump - Mrs. Robinson – 1/16; 1967 – Daydream believer – 22; 1966 – Did you ever have to make up your mind – 16; 1964 - I get around – 8; Sinatra – love and marriage – 10; 1930 #3 - Get Happy – 10; Legends of rock/roll – Choo choo ch’bogie – 13; Glenn Miller - String of Pearls; B- 10; Buble – Haven’t met you Yet – 5

ROCKIN ROCKETTES: Legends of rock/roll – Blue Suede Shoes - 14; Beatles – Can’t buy me love – 5; 1966 - Barbara Ann – 14; Oldies - If you wanna be happy – 1; Oldies - Pretty Woman – 12; 1930 #4 – Mandy – 4; Could You Wait - Steppin out with my baby – 11; Ultimate Ella Fitzgerald: A tisket a tasket – 1; Mamma Mia – Dancing Queen – 7; Footloose – Hear it for the Boy – 2; Sinatra – I get a kick out of You; Berlin – Steppin out with my baby - 11

SPAGHETTI SPINE: Peggy Lee – I’m a woman - 6; Grammy – Respect - 7, Gump - Sugar Pie honey bunch – 1/8; 1964 – Do wah diddy diddy – 1; Oldies - Pretty Woman – 12; Campfire - Alice’s restaurant – 10; 1930 #4 - Sweet Georgia Brown – 16; Could you wait - It had to be you – 15; Legend of rock/roll – Jailhouse rock – 12; Sleepless in Seattle - Makin Whoopee – 4; Mamma Mia: Mamma Mia – 5; Lady sings the blues – Summertime – 3; 1930 #3 – Georgia on my mind – 19; Glenn Miller – Sunrise Serenade – 3; Berlin – Cheek to Cheek – 15; Nat King Cole (World of) – Stardust - 28

EXPRESS YOURSELF: Grammy - Come Together – 3; Beatles - Hard day's night - 6, We can work it out - 13; 1968 - Everyday people – 8; 1966 – I fought the law – 9; 1930 #1 – 42nd street – 15 (sirens); Legends of rock/roll - Memphis Tennessee – 18; Footloose - Holding out for a hero – 4 – use with cops/firemen/superman/spiderman/superheros); Vietnam – Five o'clock world – 16; Academy Songs #4 – Fame – 11; Sleepless in Seattle – Back in the Saddle again – 6; Academy Songs #3 – Chim Chim cheree – 7; Glenn Miller - Chattanooga Choo choo – 9; Big Chill - Good Lovin (doctor) - 3

POWER TOOLS: Clooney – Come on a my House - 6, Elvis – I'm a roustabout (construction) – 29; Gump – Rebel Rouser – 1/2; Legend of Rock/roll - Let's twist again – 9; Footloose - Holding out for a hero – 4; Best Ella Fitzgerald – Oh lady be good – 11; Academy Songs #4– Shaft – 2; Glen Miller - Chattanooga Choo choo – 9; Best of 50's rock n' roll – Johnny B Goode – 4

SAVING FACE: Clooney – Mambo Italiano - 7; Grammy – Respect - 7; Oldies – It's in his kiss – 2; Oldies – La Bamba – 14; 1930 #1 - Hot lips – 1; Academy Songs #1 – The Way you look Tonight – 3; Sleepless in Seattle - As time goes by (Durante) – 1, Wink and A Smile – 8, Make Someone Happy (Durante) – 11, Academy Songs #2 – zip a dee doo dah - 2

BALANCING ACT: Clooney – Mambo Italiano - 7; Gump – California Dreamin – 12; Oldies - Ain't no mountain – 3; Campfire Classics – Feelin groovy – 4; 1930 #1 – You oughta be in pictures – 8; Vietnam: Nowhere to run – 2; Academy Songs #5 – Tale as old as Time – Beauty and the Beast – 10; Glenn Miller – String of Pearls – 10; Mamas/Papas – Graduate - California Dreamin - 4, Big Chill – Heard it thru the grapevine - 1

BREATHE OUT LOUD: NO Music; My Bonnie - B, John Brown's Baby - B, Fr Abraham - S, This Little Light of Mine - L , Row your Boat, Frere Jacques

GRAB BAG (keep it short): Lady Sings the Blues: Peggy Lee – Fever - 1; Clooney - In the Cool of the Evening - 10; Oldies – Sugar sugar – 7, Oldies – nana hey hey goodbye – 15; 1930 #1 – We're in the money – 19, 1930 #3 – There is a tavern in the town – 20; Momma Mia - Money money – 3; Irving Berlin – Puttin on the Ritz - 2

SHAKE IT UP BABY: 1964 – Hippy hippy shakes – 14; Elvis – That's all right – 1; Beatles – She loves you - 3, Help – 10; Gump – Joy to the World – 7; 1966 – Good Vibrations – 1; 1966 - I'm a believer – 20; 1930#4 - Muskrat ramble – 18; Best of 60's– 80's - I feel good – 2; Legends of Rock/Roll - Shake rattle and roll – 6; Harry met Sally – Stompin at the savoy – 2;

TEAM FIT: Elvis – I feel so bad – 15; Gump – On the road again – 14; 1964 – Fun fun fun – 20, 1930 #3 – Puttin on the Ritz – 18; Mamma Mia – Super Trouper – 9; 1930's - Sweet Georgia Brown – 4/19; Michael Jackson – Beat it – 1/10; Academy Songs #2 - Atchison Topeka Santa Fe - 1

GET DOWN, GET UP: Gump – Turn turn turn – 4; 1966 – Monday Monday – 17; Oldies – What a wonderful world – 20, 1930 #3 - Georgia on my mind – 19; Enya – Only time – 3; Best of 60's– 80's - Rise up – 10; Legends of rock/roll - Blue Suede Shoes – 14(raise hands for 's' sound); Harry met Sally - It had to be you – 1; Billie Holiday - All of Me – 1; Academy Songs #1 - Thanks for the Memory; Best of 50's rock n' roll - Wake up Little Susie – 11; Buble – All I do is dream of you – 6; Academy Songs #2 – Cool of the evening - 6

DANCE PARTY: Elvis – Blue Suede Shoes - 3; Gump - Land of 1000 dances – 1/5; 1930 #3 - Happy days are here again – 14; Legends of rock/roll – Maybelline – 1; *Footloose – Footloose – 1; Academy Songs #4 – Last Dance – 9; Academy Songs #5 – What a feelin – 2, Dirty dancing – 6; Mamma Mia – Gimme Gimme – 10; Glenn Miller - In the Mood – 13 (great)

Demonstration at Mount:

4 Front Row Orchestra - *Frank Sinatra: They can't take that away from me – 11

10 Rockin Rockettes - 1930 #4 – Mandy – 4, Elvis - Blue Suede Shoes - 3

3 Spelling 'B' – Gump - Respect – 1/9, Legends of Rock/Roll – Be bop a lula – 7

11 Spaghetti Spine - 1930 #4 - Sweet Georgia Brown – 16

12 Express Yourself - 1930 #1 – 42nd street – 15; Legends of rock/roll – Memphis Tennessee – 18

14 Saving Face - Sleepless in Seattle - Make Someone Happy (Durante) – 11

9 Gentle Geometry - Legends of R/R – Choo choo ch'bougie - 13

16 Breathe out Loud – no music – My Bonnie

8 Body Math – Best of 60's– 80's - I feel good -2

15 Balancing Act -2 songs to cover all 3 balance points - Clooney – Mambo Italiano – 7; Oldies - Ain't no mountain – 3

17 Grab Bag - Momma Mia - Money money – 3; 1930 #1 – We're in the money – 19

1 Juicy Joints – Academy Songs #5 - Under the Sea - 8