



## Virtual Song Writing Club

November 2020 – April 2021

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## Submarine Song

Lying in his bed at night, he would hear the strangest sound  
*“Thump, thump, thump”* all night long; diesels charging all around  
 The submarines came up for air, in Southeast Ireland by the sea  
 He was a boy in Gaelic school, that’s where you would find Harry  
*“Thump, thump, thump” diesels charging all around*  
*It was the strangest sound, it was the strangest sound.*  
*“Thump, thump, thump” diesels charging all around*  
*It was the strangest sound, it was the strangest sound.*

These submarines were Russia bound, where the waters would never freeze  
 And Ireland was neutral, so they travelled there with ease  
 And if submarines could talk, lots of stories could be heard  
 About the struggles of the war, and sleeping quarters so absurd.  
*“Thump, thump, thump” diesels charging all around*  
*It was the strangest sound, it was the strangest sound*  
*“Thump, thump, thump” diesels charging all around*  
*It was the strangest sound, it was the strangest sound*

And now many years have past, and a submarine has travelled far from  
 home  
 And the periscope is gone, it’s too valuable to leave it there alone  
 Big rusty tube from WW2, in Port Burwell she can be found.  
 And many memories she brings, and Harry still hears the sound....  
*“Thump, thump, thump” diesels charging all around*  
*It was the strangest sound, it was the strangest sound*  
*“Thump, thump, thump” diesels charging all around*

***It was the strangest sound, it was the strangest sound***

**Lori's Song**

Lori was a farm girl from the Prairies  
Her mama loved the country, but her daddy loved the city life  
Oh those city lights.

He'd bring home gifts for his Prairie princess  
I bet she was the apple of his eye  
All those years gone by.

*Now Lori just turned one hundred, and I asked her for some advice.  
Tell me, what is the secret of a good, long life?*

***Lori says it's simple, just be happy.  
Life's too short to be sappy.  
And always keep the twinkle in your eye***

Lori met Gerry at the Silverwood dairy  
He has his eye on her for a good long time  
One day he asked, "would you be mine?"

We could make a great team, we can have a family  
People will come to our store from far and wide  
As long as you, are by my side.

*Now Lori just turned one hundred, and I asked her for some advice...  
Tell me, what is the secret of a good, long life?*

*Lori says it's simple, just be happy.  
Make sure you always dress snappy.  
Have a smile for everybody that goes by  
And always keep the twinkle in your eye*

*Lori says it's simple, just be happy.  
Love your mama and pappy.  
Have a smile for everybody that goes by  
And always keep the twinkle in your eye*

## Harry Don't Get the Blues

I've got the blues today cause, I have to stay inside  
I'd rather be walking outside with my beautiful bride  
I'll walk with pride with my bride at my side

I never get the blues, I'm not a bluesy kind of guy  
Because I've always got a twinkle in my eye  
Unless my eye has got a sty

Bob likes to sing a Honolulu song  
He could play the ukulele all night long  
As long as he's singing, nothing could go wrong

We can't be blue as long as the sun will shine  
But I know we're going to get some rain sometimes  
When you look at the bright side, everything will be fine

## Our First Snowfall

Snowflakes are falling from the sky

It's only November so I'm saying my, oh my. It's going to make me cry,  
Cause' snowflakes are falling on my head, they keep falling

So I'll just wait on the sun to come and shine

I know it will make me feel so very fine. It works every time  
Cause' snowflakes are falling on my head, they keep falling

*But there's one thing I know*

*The snow will come to meet me*

*It won't defeat me, it won't be long*

*Till sunny days step up to greet me*

Winter is a perfect time

To snuggle up and share a bottle of good wine. The fireplace, it shines  
Cause' we are watching the snowflakes a-falling,  
From the night skies, I'm doing alright

## Four Boy Cats

Mr. Grey is a really big cat. He might be big, but he's not fat.  
And on his belly is a little white patch. We better make sure that door is  
latched

***Four boy cats sitting in a row,  
Looking outside, just watching the snow  
A squirrel comes along, away they want to go  
Can you catch that squirrel? Oh, no, no, no***

The calico cat, his name is Tumbles. He likes to eat treats and his tummy  
rumbles. He loses his balance and that's when he stumbles  
When he falls asleep he dreams and mumbles

***Four boy cats sitting in a row...***

Earl is not the friendliest cat.

He sits by the door to take his nap

He's not the kind of cat, to sit on my lap. But he sure loves it when I play  
him rap

***Four boy cats sitting in a row....***

Harley is cat that likes to play fetch

On the back of my chair, he likes to stretch

A little mouthy he sometimes gets

If his supper is late, he gets upset

The cat came back the very next day,

The cat came back, we thought he was a goner

The cat came back, he just couldn't stay away.

## Christmas Eve

Snowflakes fall like diamonds from the sky  
Reminding me of Christmas's gone by  
Filling my heart with joy and happiness  
Never have I known a peaceful night like this

How I love the quiet of the night  
Somehow it makes this world feel alright  
Walking in the streets under the moonlight  
The stars have never shone so bright.

*It's Christmas Eve, its Christmas Eve*

*The worlds at peace, tonight*

*My wish for you, my friend*

*This joy will never end.*

*I'll see you once again on Christmas Eve*

## The Friendly Ghost

**When we see the white circles in the air  
I get excited I don't get scared  
They are all around us everywhere  
Flying around on a wing and a prayer!**

Our house is host to two friendly ghosts  
They show up when we have pot roast  
One named Jamie and one named Chris  
They kiss the cats and make them hiss

**When we see the white circles in the air  
I get excited I don't get scared  
They are all around us everywhere  
Flying around on a wing and a prayer!**

The ghosts like to dance and prance with the cats  
They help the cats chase the rats  
When they catch the rats they say congrats  
And my friends that is that!

**When we see the white circles in the air  
I get excited I don't get scared  
They are all around us everywhere  
Flying around on a wing and a prayer!**

## The Year Will Be 2021

*We're gonna say goodbye to the old and hello to the new  
Everything's gonna be great for me and you  
The year will be 2021 and we are gonna have some fun  
We're so happy that 2020 is done*

Last year we started the song writing group  
We love to create with this inspirational troupe  
Everything happens on Zoom, having lots of fun in this virtual room!  
There's no limit to what we can do!

Bob says just keep singing all day long  
He often plays his Honolulu song  
When brother George sings with him, that always brings a great big grin!  
When you sing together, you can't go wrong

We have a very young lady and a very young man,  
Lori is 100 and Harry 89  
Joyce likes Zoom 'cause it keeps her busy being creative keeps her from  
getting dizzy  
We keep her out of trouble when we can.

Marg does yoga and meditation on Zoom  
She does this all from her dining room  
She loves a good cup of tea and a good visit from you and me  
What would we do without Zoom

Henry, he is our man, he likes to join us every time he can  
Mother won't let him rock and bop, do anything but mend his socks  
Till he's out in the doghouse again (Howl)

*We're gonna say goodbye to the old and hello to the new  
Everything's gonna be great for me and you  
The year will be 2021 and we are gonna have some fun  
We're so happy that 2020 is done*

## Valentine Song

*You are my sweetheart, my only sweetheart.  
You make me happy when skies are grey  
You'll never know dear, how much I love you  
Please don't take my sweetheart away.*

I was out walking, broken hearted, when I first saw you at the park  
I am not sure if, I would have noticed you, if I hadn't heard your puppy  
bark.

You were just sitting, under the maple  
Just enjoying the warmth of the sun  
We did not know that maybe someday  
Our hearts would join as one

Love at first sight, it felt so right  
It wasn't just puppy love  
When I got a smooch from your pooch  
It was a sign from up above

Her lovely kiss was sweet as wine  
And her chocolate was so divine  
Her eyes shone just like diamonds  
When they looked into mine

## It's a Dog's World

***Just look at those doggies in the window, giving my heart a swirl  
We're all dog lovers you know. It's always a doggie's world***

They're always a friend when you need one, and accept you for who you are  
They will love you without conditions, especially for a ride in the car

***Just look at those doggies in the window, giving my heart a swirl  
We're all dog lovers you know. It's always a doggie's world***

In a dog's world they'll always be happy, if you give them a bone or a treat  
They love to play fetch and go walking, and sometimes they nap at your feet

***Just look at those doggies in the window, giving my heart a swirl  
We're all dog lovers you know. It's always a doggie's world***

Now Shaman is an Alsatian, he thinks he is king of the road  
Amber is runt of the litter, she gives us a lively home

Jonathon, Dede and Gabby are Bichons that entered in shows  
Charm the Chihuahua is clever, and I am sure that she knows

Jasmine is a Dachshund, who likes to take off with my glove  
Zoey the Pug is so friendly, always ready to give doggie love

***Just look at those doggies in the window, giving my heart a swirl  
We're all dog lovers you know. It's always a doggie's world***

***Woof woof.....***

## Let Go, Let God Help You

Well, there are times, you can feel blue  
And there are days, you don't know what to do  
Look to the sky, and let spirit guide you  
Let go, Let God help you

You might have a neighbour, you might have a friend  
They might be alone and might need a prayer  
Helping others, will get you through  
Let go, Let God help you

*Between you and I we all do our best  
Sometimes it feels that we are not blessed  
It's all in his hands, you just have to say yes.  
We can let God handle the rest*

Take time for others, kindness goes a long way  
Compassion can heal, brighten your day  
It's these little things, that can get your through  
Let go, Let God help you

## St. Patrick's Day Song

***Way, hey "Too-ra loo-ra  
We'll sing until we're satisfied!  
Way, hey "Too-ra loo-ra  
Goodbye for now, goodnight!***

If you go down to the Temple Bar with my wild Irish rose,  
You'll listen to the jigs and reels, kick up your heels and toes  
The Irish like to party, all night long  
With green beers and a whiskey, tip their hats and sing a song  
They're singing all night long

***Way, hey "Too-ra loo-ra  
We'll sing until we're satisfied!  
Way, hey "Too-ra loo-ra  
Goodbye for now, goodnight!***

From Cork to Tipperary, Galway to Cavan  
You will love the countryside, the green and rolling land  
Where sheep will graze the day away, and provide for everyone  
Wool for the sweaters, when shearing time has come  
Keep you warm when day is done

***Way, hey "Too-ra loo-ra  
We'll sing until we're satisfied!  
Way, hey "Too-ra loo-ra  
Goodbye for now, goodnight!***

Lamb dinner with mint jelly, a bit of Irish stew  
In the pubs we'll gather, shall I have a pint for you?  
A shamrock for good luck, a Leprechaun or two  
Dancing all night at the Ceilidh, and when the night is through  
We'll sing too-ra-loo-ra-loo.

***Way, hey "Too-ra loo-ra. We'll sing until we're satisfied!***

***Way, hey "Too-ra loo-ra. Goodbye for now, goodnight! x2***

## Spring Song

Spring has sprung, and birds have sung  
And the red, red robin comes bobbing along  
That flower a day, keeps the doctor away  
Puts a spring in your step everyday

Crocuses are popping up everywhere  
Warmth of the sun, wind in your hair  
Buds on the trees and pussy willows too  
Got to plant that garden, so much to do!

New beginnings, takes longer to get dark  
I sing with a swing in Springbank park  
It seems that spring is busting out all over  
I just love to walk, barefoot on the clover

The leaves are sneaking out of the trees  
Lots going on with the birds and the bees  
We'll plan a holiday, a festival or two  
Picnic in the park, hot air balloons  
Springtime in London, so much to do

## Time Change

When the time change comes don't take a chance  
Don't be late putting on your pants  
You could be late for church, late for work , late for supper  
Now don't be late calling your mother  
**It's okay cause nothing makes sense**  
**Now don't be late in paying your rent**  
**You could get up early or stay up later**  
**Or you could say, see ya later alligator**

Up with the birds, and down with the sun  
Put your raincoat on, gonna have a little fun  
Darker in the morning, harder to get up  
Harder to get up, without my coffee cup  
**It's okay cause nothing makes sense**  
**Now don't be late in paying your rent**  
**You could get up early or stay up later**  
**Or you could say, see ya later alligator**

We could sit around and talk, for just a little while  
Or you could say, in a while crocodile  
Spring ahead, fall back, it's so confusing  
Here's a little hint, the doves have started cooing  
**It's okay cause nothing makes sense**  
**Now don't be late in paying your rent**  
**You could get up early or stay up later**  
**Or you could say, see ya later alligator**

So here is my advice, when everything's off schedule  
Do the best that you can, you all deserve a medal!

## Easter Song

Spring is here and off we go, we're all happy no more snow  
Crocuses take all our cares away  
Brand new patent leather shoes, gloves and hats of different hues.  
We're ready for a sunny Easter Day !

We plan our dinners best we can, will we choose ham or leg of lamb?  
Our family will gather all around.  
An egg hunt is fun for all, a scavenger hunt we'll have a ball!  
So many treasures will be found!

Let's not forget why every year, we celebrate with such good cheer.  
Jesus arose on the third day.  
Alleluia we all will sing, praise God creator of everything  
We thank him for our good lives when we pray.

Everything now comes to life, it feels so good to be alive  
Daffodils and tulips rise and shine  
Birds are busy making nests, it's nice to watch them, we're so blessed  
It's Easter, and we are feeling fine!



The virtual song writing program at McCormick Dementia Services is facilitated by the day program recreation staff and musician, Joanne Does. Song writing participants are day program clients, including persons on our waitlist.

### **McCormick Dementia Services Contact Information**

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Special thanks to the McCormick Care Foundation for supporting enhanced day program experiences for our clients and caregivers.

If you would like to contribute to enhanced opportunities, such as song writing, please consider making a donation to the McCormick Care Foundation.

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