



## + Anyone for a Sing Song?

*This was passed onto me and I just had to share it with you. Everyone knows the song 'My Favourite Things'.*

**Julie Andrews on turning 79**

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favourite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used, and if you sing along, it's hysterical!!!

Botox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favourite things.

Cadillac's and cataracts, hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favourite things.

When the pipes leak, when the bones creak,  
When the knees go bad,  
I simply remember my favourite things,  
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favourite things.

Back pain, confused brains and no need for sinning,  
Thin bones and fractures and hair that is thinning,  
And we won't mention our short shrunken frames,  
When we remember our favourite things.

When the joints ache, when the hips break,  
When the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad.



### + Think

This is a great idea for a silly sing song. You could try doing the same with popular songs.



## + Karaoke Evening



### Why not hold a Karaoke Evening

You could make a real event of it by inviting residents, staff, relatives and community groups.

### What you need:

- A few willing volunteers to get the singing started.
- A karaoke machine or CD player with good speakers and a microphone.
- Music on an ipod or CD's. Collect a broad variety of music as well as seasonal songs and carols. Ask your guests if they have a favourite song, you could invite everyone to write their choices on their RSVP.
- You can find the lyrics to most songs on the internet. Print them out in large print if you can't project them.
- Why don't you hold your own concert and invite the local community. You could make an afternoon of it sharing homemade mince pies and mulled wine.

### Singing with local schools and choirs

Many schools visit care homes at this time of year to entertain residents which is lovely but why not ask the local school if you can take some residents along to their concert or carol service. It makes for a great, and inexpensive, trip out for those residents that really enjoy seeing children perform.

Local churches often hold choir practice at a regular time in preparation for services. They probably wouldn't object to a few residents listening in while they practice.



## + Christmas Sums



- A: Legs on a reindeer + Gold Rings my true love gave to me divided by The Kings of Orient
- B: Ships sailing by x Turtle doves my true love gave to me + days of Christmas
- C: Ali Baba's thieves – Snow White's Dwarves + Cinderella's Ugly Sisters
- D: Santa's reindeer (including Rudolph) + legs on a turkey

Answers on page 19 of Things to Do