

SOUTHWIND SINGS



ALL ABOARD

Enjoy these activities which cover all levels of senior care. Included are the lyrics to the songs so your community can sing along.

SOUTHWINDSINGS.COM

ABOUT US



SUZIE AND GARY SOLOMON

SouthWind Sings

SouthWind is Suzie and Gary Solomon. We have been performing together for seniors for the last twenty years all across the United States. Since we are seniors ourselves now we decided to stop traveling, but still want to share the joy of music with others. To do this we are making a series of interactive videos for seniors. Our three doggies often join us in these videos, whether we want them to or not! Suzie has a teaching degree so she enjoys adding other activities to enhance the music on the videos. We realize there are all levels of cognition and activities that work for some may not work for all, so we have a variety of ideas to help activity directors who we know work hard to provide meaningful experiences. We hope you enjoy these ideas. Let us know what works and what doesn't work.

ALL ABOARD

DISCUSSION QUESTIONS

Group discussion questions build connections through sharing common interests and wisdom. It is a way for them to make new friends who have the same common interests or experiences. The questions stimulate cognitive function and improve emotional and mental well-being. Conversations about the past can boost self-esteem and combat loneliness. Plus, it is just fun to hear the answers of others in the group.

- ✓ Have you ever ridden on a train?
- ✓ What was the first time you rode?
- ✓ How old were you?
- ✓ Did you enjoy the ride?
- ✓ What is most memorable about that first trip?
- ✓ Did you have a train set as a child?





ALL ABOARD

TRAIN CRAFTS

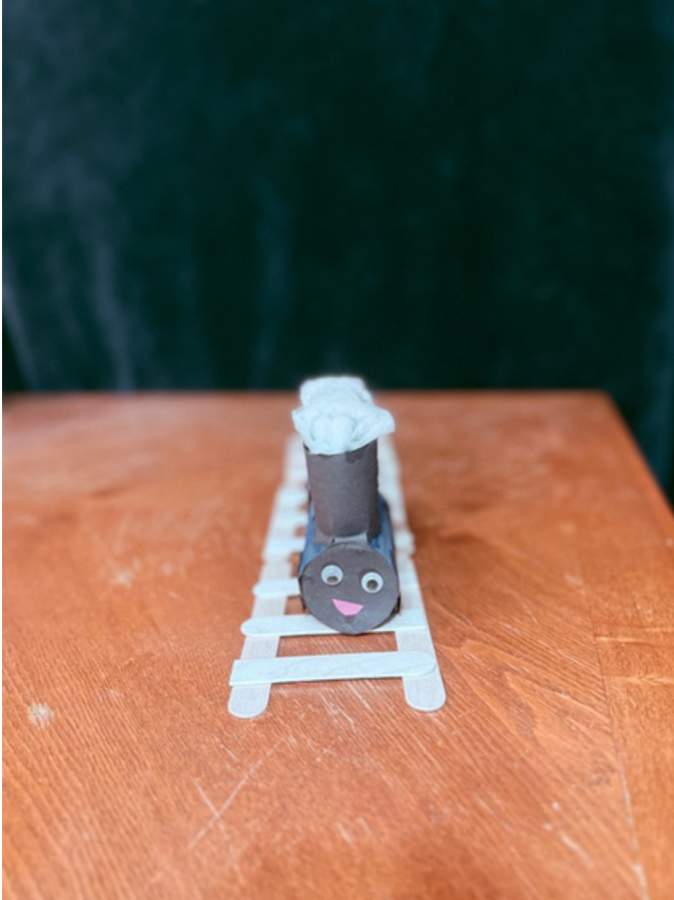
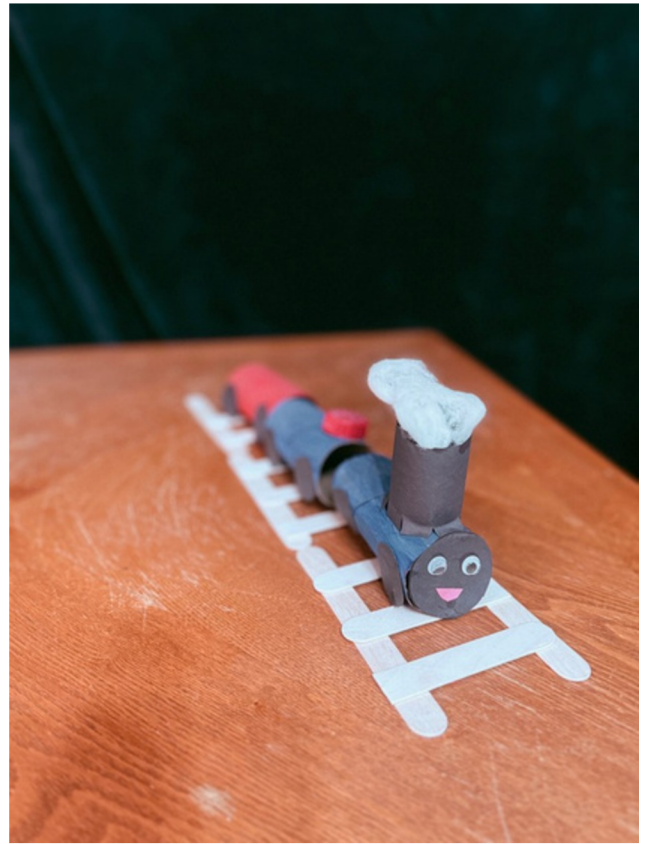
For residents who enjoy crafts, use recycled materials like egg cartons, small cardboard boxes or toilet paper rolls, to make a train.

Have on hand string, pipe cleaners, masking tape, paint, glue, construction paper.

Cut out cardboard circles, or bottle caps can be used for wheels.

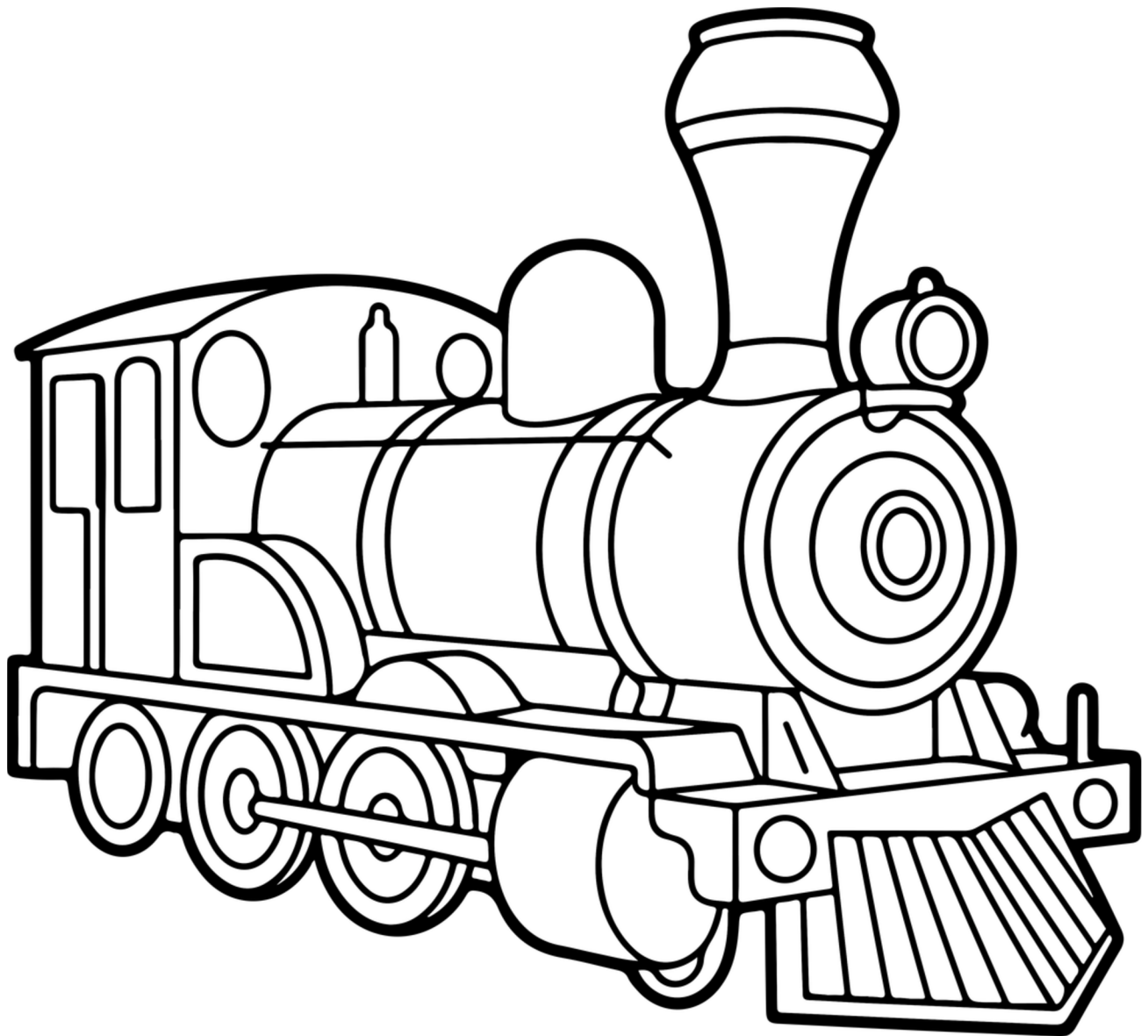
The cars can be held together with string, paper clips or other things you have on hand.

Let them work as a team to make a train with as many cars as they like. They can decide what kind of train it is, for example, a passenger train or a freight train. If your residents like contests, you can let them vote on their favorite train.



COLORING SHEETS

Some seniors like coloring sheets and some do not.
We are including a few in case your residents enjoy them.







ALL ABOARD

TRIVIA

In the video we had some trivia questions but you can divide up into teams and let them try these multiple choice questions. The correct answer is provided. These may be a little hard but it is still fun to try and guess the answer.

01

The United States has the most miles of railroad tracks in the world. How many miles does it have?

- 1. 90,000 miles
- 2. 141,500 miles - correct
- 3. 200,000 miles

02

The longest direct train service is in Russia. It takes 6 days to cross 5,753 miles. How many times zones does it cross?

- 1. 4 time zones
- 2. 5 time zones
- 3. 6 times zones – correct

03

In what city was the first underground railway built?

- 1. London - correct
- 2. New York
- 3. Moscow

04

One train can carry the equivalent of how many trucks?

- 1. 100
- 2. 300 - correct
- 3. 500

05

Some historic train companies used this to announce station names.

1. A child
2. A barking dog
3. A parrot – correct

06

How much does one locomotive weigh?

1. As much as 100 hippos
2. As much as 108 hippos - correct
3. As much as 115 hippos

07

It is illegal to put this on railroad tracks

1. Coca cola
2. Salt - correct
3. A canary

08

What is the most famous train?

1. Katmandu
2. Lionel
3. Orient Express – correct

09

What is the typical lifespan of a train?

1. Coca cola
2. Salt - correct
3. A canary

10

What was the first train engine powered by?

1. Gasoline
2. Steam – correct
3. Propane

ALL ABOARD

TRAIN WORD GAME

The basic idea is to make as many different words as you can from the letters in LOCOMOTIVE. You can set a time limit of a few minutes or let them work until they can't find any more.

Directions:

The activity director writes LOCOMOTIVE and the residents find the words. When either the timer is up or they can't find any more, the residents read the words they made. For example: cool, tool, moo, cot, lot, clot, movie

You can have prizes for the most words found, or play without prizes.

If this is too hard to do this individually, everyone can find the words together.



Here are some other words if they enjoy the game. The shorter words will not take as long.

RAILROAD, ENGINE, PASSENGER TRAIN, FREIGHT TRAIN, DINING CAR

ALL ABOARD SONG LYRICS

I'VE BEEN WORKING ON THE RAILROAD

I've been working on the railroad, all the livelong day
I've been working on the railroad, just to pass the time away
Don't you hear the whistle blowing, rise up so early in the morn
Don't you hear the captain shouting, Dinah, blow your horn.

Dinah, won't you blow, Dinah, won't you blow
Dinah won't you blow your horn,
Dinah, won't you blow, Dinah, won't you blow
Dinah won't you blow your horn,

Someone's in the kitchen with Dinah
Someone's in the kitchen I know
Someone's in the kitchen with Dinah
Strumming on the old banjo

And singing
Fee, fi, fiddly I oh, fee fi fiddly I oh, fee fiddly I oh
Strumming on the old banjo.

REUBEN'S TRAIN

This is an old time song and it is fast so I am not printing the lyrics. We encourage them to play along on shaker eggs – or clap. Below are instructions for making the shaker eggs. They are a good thing to keep on hand. We encourage them to play along on most of our videos. This keeps them engaged and is also a good way to get their arms moving. You can make the eggs together as a craft or make them beforehand.

How to Make Shaker Eggs:

Fill plastic Easter eggs with unpopped popcorn and glue the two halves together with a good glue like Welder's glue. You can get that at Walmart. It is in a silver tube with red lettering. Glue like Elmer's will not hold well when their hands get warm and the eggs will come apart. Right after Easter is a good time to buy the eggs when they are on sale.

ALL ABOARD SONG LYRICS

LIFE IS LIKE A MOUNTAIN RAILWAY

Life is like a mountain railway, with an Engineer that's brave
We must make the run successful from the cradle to the grave
Watch the curves, the hills, the tunnels; Never falter, never fail
Keep your hand upon the throttle, and your eye upon the rail

Chorus:

Oh Blessed Savior, Thou wilt guide us,
'Til we reach that blissful shore,
Where the angels wait to join us, in thy praise forevermore.

As you roll across the trestle, spanning Jordan's swelling tide
You behold the Union Depot into which your train will glide
There you'll meet the Superintendent
God the Father, God the Son, With the hearty, joyous, plaudit
"Weary pilgrim, welcome home!"

ALL ABOARD SONG LYRICS

RIDING ON THAT NEW RIVER TRAIN (WE SAY TOE RIVER)

Chorus

Riding on that Toe River train, we're riding on that Toe River Train
That same old train that brought me here, gonna carry me away
from here

Darling, you can't love one, darling, you can't love one
You can't love one and have any fun,
Darling, you can't love one.

Chorus

Darling, you can't love two, darling, you can't love two
You can't love two and still be true
Darling, you can't love two

Chorus

Darling, you can't love three, darling, you can't love three
You can't love three and still love me
Darling, you can't love three

Chorus

ALL ABOARD SONG LYRICS

THIS TRAIN

Chorus

This train is bound for glory, this train
This train is bound for glory, this train
This train is bound for glory
Don't ride nothing but the righteous and the holy.

This train don't carry no gamblers, this train
This train don't carry no gamblers, this train
This train don't carry no gamblers
No crap shooters, no midnight rambles.

Chorus

This train don't carry no liars, this train
This train don't carry no liars, this train
This train don't carry no liars
No back biters, no midnight flyers

ALL ABOARD SONG LYRICS

WABASH CANNONBALL

From the great Atlantic Ocean to the wide Pacific shore
From the green and rolling mountains to the southland by the shore
She's mighty tall and handsome, known quite well by all
She the modern combination of the Wabash Cannonball

Chorus

Listen to the jingle, the rumble and the roar
As she glides along the woodlands, by the hills and by the shore
Here the mighty rush of the engine, here the lonesome hobo's call
While traveling through the jungle on the Wabash Cannonball

Well, the Eastern states are dandy, so the Western people say
From New York to St. Louis, and Chicago by the way
From the hills of Minnesota where the rippling waters fall
No chances need be taken on the Wabash Cannonball

She came down from Birmingham one cold December day
As she rolled into the station you could all the people say
There a gal from Tennessee, she's long and she's tall
She came down from Birmingham on the Wabash Cannonball

Here's to Daddy Claxton, may his name forever stand
And always be remembered in the courts throughout the land
His earthly race is over, the curtain round him falls
They'll carry him home to victory on the Wabash Cannonball

ALL ABOARD SONG LYRICS

THE WRECK OF THE OLD 97

Well, they gave him his orders at Monroe, Virginia.
Said, "Steve, you're way behind time.
This is not Thirty-Eight, this is old Ninety-Seven.
Put her into Spencer on time."

Then he turned around and said to his black, greasy fireman,
"Shovel on a little more coal.
And when we cross that White Oak Mountain,
Watch old Ninety-Seven roll."

It's a mighty rough from Lynchburg to Danville
On a line on a three mile grade
It was on this grade that he lost his airbrakes
You can see what a jump he made
'Cause he was goin' down a grade makin' ninety miles an hour,
The whistle broke into a scream.
He was found in the wreck with his hand on the throttle,
Scalded to death by the steam.

And then a telegram comes from Washington Station,
This is how it read:
"Oh, that brave engineer that run old Ninety-Seven
Is lyin' in old Danville dead."

Now all you ladies better take a warning
From this time on and learn
Never speak harsh words to your true lovin' husband
He may leave you and never return

THANK YOU!

Thank You For Riding Along!

Thanks for bringing your residents along on our train trip today. We hope they enjoyed it as much as we enjoyed making it for them.

We would love some feedback if you have time to reply.

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