

These lists were created by Mary Noonan of VA Dept. of Aging and Rehabilitative Services, and designed to go along with sessions of the *Falls Prevention Workshop*. Feel free to play these during any of your workshops, and **have fun!**

## FALLS PREVENTION, SESSION 1



Exercise	Song
Intro	"C'Mon Everybody" by Eddie Cochran
Morning Walk	"Burning Love" by Elvis Presley
Tie Your Shoes	"What a Wonderful World" by Louis Armstrong
Top Shelf Reach	"Here Comes the Sun" by The Beatles
Trunk Rotation	"The Twist" by Hank Ballard & The Midnighters
Toes to the Sky	"Sugar, Sugar" by The Archies
Sit to Stand	"Get Up, Stand Up" by Bob Marley
Hip Raises	"The Locomotion" by Little Eva
Balance Exercise	"I Can See Clearly Now" by Johnny Nash
Morning Walk	"Walking on Sunshine" by Katrina & The Waves
Side Steps	"Hello Mary Lou" by Ricky Nelson
Thumb to Fingers	"The Lion Sleeps Tonight" by The Tokens
Table Roll	"Roll Me Away" by Bob Seger
Trunk Rotation	"Turn! Turn! Turn!" by The Byrds
Freestyle Stroke	"Splish Splash" by Bobby Darin
Tie Your Shoes	"Under the Boardwalk" by The Drifters
Hi / Goodbye	"Dancing Queen" by ABBA

## FALLS PREVENTION, SESSION 2



Exercise	Song
Intro	"Welcome Back, Kotter" by The Hit Co.
Morning Walk	"These Boots [...]" by Nancy Sinatra
Tie Your Shoes	"Low Rider" by War
Top Shelf Reach	"Julie, Do Ya Love Me" by Bobby Sherman
Trunk Rotation	"Put a Little Love [...]" by Jackie DeShannon
Toes To The Sky	"Billie Jean" by Michael Jackson
Sit To Stand	"Crazy in Love" by Beyoncé, JAY-Z
Hip Raises	"Rock with You" by Michael Jackson
Balance Exercise	"Last Song" by Edward Bear
Morning Walk	"Rockin' Pneumonia [...]" by Johnny Rivers
Side Steps	"Knock Three Times" by Tony Orlando & Dawn
Thumb to Fingers	"Hitchin' a Ride" by Vanity Fare
Table Roll	"Life Is a Rock" by Reunion
Trunk Rotation	"Ain't No Mountain [...]" by Marvin Gaye
Freestyle Stroke	"Swimming Song" by Loudon Wainwright III
Tie Your Shoes	"Shakedown Street" by Grateful Dead
Hi / Goodbye	"What a Wonderful World" by Louis Armstrong

## FALLS PREVENTION, SESSION 3



Exercise	Song
Intro	"Back in My Arms Again" by The Supremes
Morning Walk	"I Second That Emotion" by Smokey Robinson
Write Your Name	"ABC" by The Jackson 5
Top Shelf Reach	"Reach Out I'll Be There" by Four Tops
Trunk Rotation	"New York, New York" by Frank Sinatra
Cueing Drill	NO MUSIC
Sit To Stand	"Get Up Offa That Thing" by James Brown
Chest Press	"Happy" by Pharrell Williams
Balance Exercise	"Can't Take My Eyes Off You" by Frankie Valli
Morning Walk	"Rock Around the Clock" by Bill Haley
Side Steps	"Love Train" by The O'Jays
Thumb To Fingers	"The Weight" by The Band
C-Grip	"Put Your Hand in the Hand" by Ocean
Trunk Rotation	"My Guy" by Mary Wells
Freestyle Stroke	"This Old Heart of Mine" by The Isley Brothers
Tie Your Shoes	"King of the Road" by Roger Miller
Hi / Goodbye	"A Place in the Sun" by Stevie Wonder

## FALLS PREVENTION, SESSION 4



Exercise	Song
Intro	"Hello, Dolly!" by Louis Armstrong
Morning Walk	"Oh, Pretty Woman" by Roy Orbison
Write Your Name	"Raindrops Keep Fallin'" by B.J. Thomas
Top Shelf Reach	"I Got You Babe" by Sonny & Cher
Trunk Rotation	"Strangers in the Night" by Frank Sinatra
Cueing Drill	NO MUSIC
Sit To Stand	"Don't Be Cruel" by Elvis Presley
Chest Press	"Sweet Caroline" by Neil Diamond
Balance Exercise	"Massachusetts" by Bee Gees
Morning Walk	"Burning Love" by Elvis Presley
Side Steps	"Mercy Mercy Me" by Marvin Gaye
Thumb To Fingers	"Grandma's Hands" by Bill Withers
C-Grip	"She's a Lady" by Tom Jones
Trunk Rotation	"You're Sixteen" by Ringo Starr
Freestyle Stroke	"Oh Very Young" by Cat Stevens
Tie Your Shoes	"Downtown" by Frank Sinatra
Hi / Goodbye	"Always on My Mind" by Willie Nelson



## FALLS PREVENTION, SESSION 5

Exercise	Song
Intro	"You Can Get It If [...]" by Jimmy Cliff
Morning Walk	"Wake Up Little Susie" by The Everly Brothers
Write Your Name	"Return to Sender" by Elvis Presley
Good Morning	"Bend Me, Shape Me" by American Breed
Chair Scoot	"That's Amore" by Dean Martin
Grapevine	"[...] Through the Grapevine" by Marvin Gaye
Sit To Stand	"Mercy's Shore" by NEEDTOBREATHE
Arm Curl	"Hang On Sloopy" by The McCoys
Arm Extensions	"Reach Out I'll Be There" by Four Tops
Morning Walk	"Great Balls of Fire" by Jerry Lee Lewis
Side Steps	"The Way You Look Tonight" by Frank Sinatra
Thumb To Fingers	"Sweet Soul Music" by Arthur Conley
C-Grip	"Rock Lobster" by The B-52's
Trunk Rotation	"[...] The Dock of the Bay" by Otis Redding
Freestyle Stroke	"In the Summertime" by Mungo Jerry
Calf Stretch	"Crazy" by Patsy Cline, The Jordanaires
Hi / Goodbye	"Let Her Go" by Passenger



## FALLS PREVENTION, SESSION 6

Exercise	Song
Intro	"The Unicorn" by The Irish Rovers
Morning Walk	"Gilligan's Island Theme" by Great TV Crew
Write Your Name	"The Name Game" by Shirley Ellis
Good Morning	"Joy to the World" by Three Dog Night
Chair Scoot	"Na Na Hey Hey Kiss Him Goodbye" by Steam
Grapevine	"Draggin' the Line" by Tommy James
Sit To Stand	"Build Me Up Buttercup" by The Foundations
Arm Curl	"Big Girls Don't Cry" by The Four Seasons
Arm Extensions	"It's Your Thing" by The Isley Brothers
Morning Walk	"Dirty Water" by The Standells
Side Steps	"Walkin' After Midnight" by Patsy Cline
Thumb To Fingers	"Banana Boat (Day-O)" by Harry Belafonte
C-Grip	"I Think I Love You" by The Partridge Family
Trunk Rotation	"Hey Jude" by The Beatles
Freestyle Stroke	"Waterloo" by ABBA
Calf Stretch	"Ripple" by Grateful Dead
Hi / Goodbye	"One Tin Soldier" by The Original Caste



## FALLS PREVENTION, SESSION 7

Exercise	Song
Morning Walk	"Livin' la Vida Loca" by Ricky Martin
Good Morning	"Ben" by Michael Jackson
Rear Hip Extensions	"Lady Marmalade" by Christina Aguilera
Crunches	"Respect" by Aretha Franklin
Skier	"Girls Just Want to Have Fun" by Cyndi Lauper
Sit To Stand	"Eye of the Tiger" by Survivor
Lateral Raises	"Hello, Dolly!" by Louis Armstrong
Low Row	"We Are Family" by Sister Sledge
Morning Walk	"I Will Survive" by Gloria Gaynor
Side Steps	"9 to 5" by Dolly Parton
Power Grip	"The Best" by Tina Turner
C Grip	(continue playing "The Best")
Ballet Dancer	"Tiny Dancer" by Elton John
Arm Crossover	"[...] The Dock of the Bay" by Otis Redding
Charleston	"Mambo No. 5 (A Little Bit of...)" by Lou Bega
Hi / Goodbye	"Tupelo Honey" by Van Morrison



## FALLS PREVENTION, SESSION 8

Exercise	Song
Morning Walk	"Walking on Sunshine" by Katrina & The Waves
Good Morning	"Oh What a Night!" by The Four Seasons
Heel Raises	"Sir Duke" by Stevie Wonder
Crunches	"Boogie Shoes" by KC & The Sunshine Band
Three Dot Step	NO MUSIC
Sit To Stand	"Higher & Higher" by Jackie Wilson
Lateral Raises	"Mr. Big Stuff" by Jean Knight
Low Row	"Do You Love Me" by The Contours
Morning Walk	"I'm a Believer" by Smash Mouth
Side Steps	"The Best of My Love" by Eagles
Thumb To Fingers	"Soul Man" by The Blues Brothers
C-Grip	"Truckin'" by Grateful Dead
Side Flexion	"You Make Me Feel Like Dancing" by Leo Sayer
Arm Crossover	"Lovely Day" by Bill Withers
Rolling Disco	"Stayin' Alive" by Bee Gees
Hi / Goodbye	"[...] Over the Rainbow" by Israel Kamakawiwo'ole



## FALLS PREVENTION, SESSION 9

Exercise	Song
Morning Walk	"Greased Lightnin'" from Grease
Hamstring Curl	"Achy Breaky Heart" by Billy Ray Cyrus
Staggered Stance	"Tight Rope" by Leon Russell
Crunches	"Mustang Sally" by Wilson Pickett
Grapevine	"New York, New York" by Frank Sinatra
Sit To Stand	"Stand!" by Sly & The Family Stone
Chest Press	"Brick House" by Commodores
Arm Curl	"Garden Party" by Ricky Nelson
Morning Walk	"Land of 1000 Dances" by Wilson Pickett
Heel Raises	"You're Nobody 'Til [...]" by Dean Martin
Thumb To Fingers	"The Handicap" by US Naval Academy Band
C-Grip	"Rock Lobster" by The B-52's
Balance Exercise	"If I Could See the World" by Patsy Cline
Ballet Dancer	"Don't Need Another Hero" by Tina Turner
Rolling Disco	"Stayin' Alive" by Bee Gees
Hi / Goodbye	"Born Free" by Matt Monro



## FALLS PREVENTION, SESSION 10

Exercise	Song
Morning Walk	"Born to Be Alive" by Patrick Hernandez
Hamstring Curl	"Jump" by Van Halen
Staggered Stance	"Rock Steady" by The Whispers
Crunches	"Puppy Love" by Paul Anka
Grapevine	"Kokomo" by The Beach Boys
Sit To Stand	"Working My Way Back [...]" by The Spinners
Chest Press	"Everlasting Love" by Love Affair
Arm Curl	"Build Me Up Buttercup" by The Foundations
Morning Walk	"Uptown Girl" by Billy Joel
Heel Raises	"Boogie Shoes" by KC & The Sunshine Band
Thumb To Fingers	"Under My Thumb" by The Rolling Stones
C-Grip	"Low Rider" by War
Balance Exercise	"Private Eyes" by Daryl Hall & John Oates
Ballet Dancer	"What's Love Got to Do with It" by Tina Turner
Rolling Disco	"Stayin' Alive" by Bee Gees
Hi / Goodbye	"I Hope You Dance" by Lee Ann Womack



## FALLS PREVENTION, SESSION 11

Exercise	Song
Morning Walk	"Happy" by Pharrell Williams
Hamstring Curl	"Car Wash" by Rose Royce
Staggered Stance	"The Impossible Dream" by Luther Vandross
Crunches	"Respect" by Aretha Franklin
Grapevine	"It's Your Thing" by The Isley Brothers
Sit To Stand	"That's the Way (I Like It)" by KC & The Sunshine Band
Chest Press	"Don't Stop [...]" by Michael Jackson
Arm Curl	"Way You Make Me Feel" by Michael Jackson
Morning Walk	"Love Train" by The O'Jays
Heel Raises	"Get Up Offa That Thing" by James Brown
Thumb To Fingers	"King of the Road" by Roger Miller
Power Grip	"I'll Take You There" by The Staple Singers
Balance Exercise	"A Place in the Sun" by Stevie Wonder
Ballet Dancer	"Tiny Dancer" by Elton John
Rolling Disco	"Stayin' Alive" by Bee Gees
Hi / Goodbye	"Right on Time" by Brandi Carlile



## FALLS PREVENTION, SESSION 12

Exercise	Song
Morning Walk	"Girls Just Want to Have Fun" by Cyndi Lauper
Hamstring Curl	"The Weight" by The Band
Staggered Stance	"Tightrope" by Janelle Monáe
Oblique Crunch	"Na Na Hey Hey Kiss Him Goodbye" by Steam
Grapevine	"Heard It Through the Grapevine" by Marvin Gaye
Sit To Stand	"Stand" by R.E.M.
Chest Press	"Got to Give It Up" by Marvin Gaye
Arm Curl	"The Thrill Is Gone" by B.B. King
Morning Walk	"Conga" by Miami Sound Machine
Heel Raises	"In the Midnight Hour" by Wilson Pickett
Thumb To Fingers	"I Want to Hold Your Hand" by The Beatles
Power Grip	"The Best" by Tina Turner
Balance Exercise	"Imagine" by John Lennon
Ballet Dancer	"Dancing Queen" by ABBA
Rolling Disco	"Stayin' Alive" by Bee Gees
Hi / Goodbye	"Girl from the North Country" by Bob Dylan



## FALLS PREVENTION, SESSION 13

Exercise	Song
Morning Walk	"Ain't Too Proud to Beg" by The Temptations
Static Balance	"Son of a Preacher Man" by Dusty Springfield
Staggered Stance	"Rock Steady" by The Whispers
Oblique Crunch	"Mustang Sally" by Wilson Pickett
Grapevine	"Heard It Through the Grapevine" by Marvin Gaye
Swimming Dance	"Splish Splash" by Bobby Darin
Chest Press	"Brick House" by Commodores
Arm Curl	"Rockin' Pneumonia [...]" by Johnny Rivers
Morning Walk	"Good Lovin'" by The Young Rascals
Heel Raises	"Spirit in the Sky" by Norman Greenbaum
Thumb To Fingers	"Grandma's Hands" by Bill Withers
Power Grip	"Some Kind of Wonderful" by Grand Funk Railroad
Balance Exercise	"Love the One You're With" by Stephen Stills
Ballet Dancer	"Soulshine" by Allman Brothers Band
Rolling Disco	"Stayin' Alive" by Bee Gees
Hi / Goodbye	"Dancing in the Street" by The Vandellas



## FALLS PREVENTION, SESSION 14

Exercise	Song
Morning Walk	"Take a Letter, Maria" by R.B. Greaves
Static Balance	"Tell Me Something Good" by Chaka Khan
Staggered Stance	"Do You Know What I Mean" by Lee Michaels
Oblique Crunch	"Tighter, Tighter" by Alive 'N Kickin'
Grapevine	"Draggin' the Line" by The Shondells
Swimming Dance	"Waterloo" by ABBA
Chest Press	"Rock Me Gently" by Andy Kim
Arm Curl	"Old Fashioned Love Song" by Three Dog Night
The Twist	"The Twist" by Chubby Checker
Heel Raises	"Spill the Wine" by War
Thumb To Fingers	"Hitchin' a Ride" by Vanity Fare
Table Roll	"Will It Go Round in Circles" by Billy Preston
Balance Exercise	"Massachusetts" by Bee Gees
Ballet Dancer	"Always on Your Side" by Sheryl Crow, Sting
Rolling Disco	"Stayin' Alive" by Bee Gees
Hi / Goodbye	"Into the Mystic" by Van Morrison



## FALLS PREVENTION, SESSION 15

Exercise	Song
Grapevine	"End of the Line" by Traveling Wilburys
Heel Raises	"Uptown Girl" by Billy Joel
Calf Stretch	"Get Outta My Dreams [...]" by Billy Ocean
Top Shelf Reach	"Reach Out I'll Be There" by Four Tops
Skier	"Oh What a Night!" by The Four Seasons
Sit To Stand	"Your Love" by The Outfield
Open/Close Window	"Cracklin' Rosie" by Neil Diamond
Arm Curl	"How Sweet It Is [...]" by James Taylor
Morning Walk	"Love Shack" by The B-52's
Side Steps	"Walking on Broken Glass" by Annie Lennox
Thumb To Fingers	"Willie and the Hand Jive" by Johnny Otis
Power Grip	"Hold On, I'm Comin'" by Sam & Dave
Trunk Rotation	"It's Your Thing" by The Isley Brothers
Ballet Dancer	"Sweet Caroline" by Neil Diamond
Crunches	"It's the Same Old Song" by Four Tops
Hi / Goodbye	"Take Me Home, Country Roads" by John Denver



## FALLS PREVENTION, SESSION 16

Exercise	Song
Grapevine	"Truckin'" by Grateful Dead
Heel Raises	"Lift Every Voice [...]" by J. Rosamond Johnson
Calf Stretch	"I Feel the Earth Move" by Carole King
Top Shelf Reach	"10th Ave. Freeze-Out" by Bruce Springsteen
Skier	"Kung Fu Fighting" by Carl Douglas
Sit To Stand	"Bang the Drum All Day" by Todd Rundgren
Open/Close Window	"Some Kind of Wonderful" by Grand Funk Railroad
Arm Curl	"Boogie Shoes" by KC & The Sunshine Band
Morning Walk	"Dancing in the Street" by The Vandellas
Side Steps	"Dancing Machine" by Jackson 5
Thumb To Fingers	"Shalala Lala" by Vengaboys
Power Grip	"Dixie Chicken" by Little Feat
Trunk Rotation	"The Tears of a Clown" by Smokey Robinson
Ballet Dancer	"You Say" by Lauren Daigle
Crunches	"Cherry Cherry" by Neil Diamond
Hi / Goodbye	"Ripple" by Grateful Dead





## FALLS PREVENTION, SESSION 17

Exercise	Song
Grapevine	"Draggin' the Line" by The Shondells
Heel Raises	"Monday, Monday" by Mamas & The Papas
Calf Stretch	"Love and Happiness" by Al Green
Top Shelf Reach	"[...] The Dock of the Bay" by Otis Redding
Skier	"Hound Dog" by Elvis Presley
Sit To Stand	"Knock on Wood" by Amii Stewart
Open/Close Window	"Louie Louie" by The Kingsmen
Arm Curl	"Ain't No Mountain [...]" by Marvin Gaye
Morning Walk	"Treat Her Like a Lady" by The Temptations
Side Steps	"I Got You Babe" by Sonny & Cher
Thumb To Fingers	"Riding in My Car" by Woody Guthrie
Power Grip	"Hold On to Me" by Lauren Daigle
Trunk Rotation	"Man in the Mirror" by Michael Jackson
Ballet Dancer	"Aquarius" by Galt MacDermot, Tom Pierson
Crunches	"Joy to the World" by Three Dog Night
Hi / Goodbye	"Low Road" by Grace Potter & The Nocturnals



## FALLS PREVENTION, SESSION 18

Exercise	Song
Alt Foot Balance	"Believer" by Imagine Dragons
Sit To Stand	"I'm Still Standing" by Elton John
Heel Raises	"9 to 5" by Dolly Parton
Top Shelf Reach	"Jailhouse Rock" by Elvis Presley
Cueing Drill	NO MUSIC
Skier	"Hooked on a Feeling" by Blue Swede
Chest Press	"Billie Jean" by Michael Jackson
Lateral Raises	"Good Golly, Miss Molly" by Little Richard
Morning Walk	"Footloose" by Kenny Loggins
Toes To The Sky	"Please Mr. Postman" by The Marvelettes
Thumb To Fingers	"The Lion Sleeps Tonight" by The Tokens
C-Grip	"Bend Me, Shape Me" by American Breed
Arm Crossover	"Hey Jude" by The Beatles
Ballet Dancer	"You Light Up My Life" by Debby Boone
Good Morning	"Lollipop" by The Chordettes
Hi / Goodbye	"Over the Rainbow" by Israel Kamakawiwo'ole



## FALLS PREVENTION, SESSION 19

Exercise	Song
Alt Foot Balance	"Summertime Blues" by Eddie Cochran
Sit To Stand	"Do Wah Diddy Diddy" by Manfred Mann
Heel Raises	"Wooly Bully" by The Pharaohs
Top Shelf Reach	"Dream a Little Dream of Me" by Doris Day
Skier	"Runaround Sue" by Dion
Cueing Drill	NO MUSIC
Chest Press	"Another Saturday Night" by Sam Cooke
Lateral Raises	"Cold Little Heart" by Michael Kiwanuka
Morning Walk	"Twistin' the Night Away" by Sam Cooke
Toes To The Sky	"Mack the Knife" by Bobby Darin
Thumb To Fingers	"Funkytown" by Lipps Inc.
C-Grip	"Old Town Road" by Lil Nas X, Billy Ray Cyrus
Arm Crossover	"Always on My Mind" by Willie Nelson
Ballet Dancer	"Halo" by Beyoncé
Good Morning	"I Am... I Said" by Neil Diamond
Hi / Goodbye	"Both Sides Now" by Joni Mitchell



## FALLS PREVENTION, SESSION 20

Exercise	Song
Three Dot Step	NO MUSIC
Static Balance	"I Can See Clearly Now" by Jimmy Cliff
Staggered Stance	"Life Is a Rock" by Reunion
Side Flexion	"Build Me Up Buttercup" by The Foundations
Grapevine	"Draggin' the Line" by The Shondells
Swimming Dance	"Splish Splash" by Bobby Darin
Chest Press	"The Weight" by The Band
Arm Curl	"Na Na Hey Hey Kiss Him Goodbye" by Steam
The Twist	"The Twist" by Chubby Checker
Heel Raises	"Higher & Higher" by Jackie Wilson
Thumb To Fingers	"Under My Thumb" by The Rolling Stones
Power Grip	"The Loco-Motion" by Grand Funk Railroad
Balance Exercise	"Soulshine" by Allman Brothers Band
Ballet Dancer	"Tiny Dancer" by Elton John
Y.M.C.A.	"Y.M.C.A." by Village People
Hi / Goodbye	"I Will Remember You" by Sarah McLachlan