

Theme: Autumn

YouTube Playlist: <https://www.youtube.com/playlist?list=PLFTw3dKr7K0s6r7IGut9DWGWdP1E3IX0z>

Greeting Song: Oh What a Beautiful Morning

Body Warm-up

Early Autumn

Listen to this lovely song sung by Ella Fitzgerald. Take some deep breathes and try doing some gentle stretches. See attached sheet for some suggestions.

Singing

Shine on Harvest Moon

Discussion

In the Northern Hemisphere, the Harvest Moon is the full moon that occurs closest to the Autumnal Equinox. This year it was this past weekend, and there will be two full moons in October (the second one will be a BLUE moon)! During the Harvest Moon, the moon rises closer to the time of sunset and appears lower on the horizon. This is how it got its name – there was a longer period of time that the moon lit the fields to help bring in the harvest.

Did you ever help with harvest? What crops did you help bring in?

Autumn Leaves

Discussion

Do you have a favorite fall leaf color? Did you have a colorful tree in your yard/neighborhood? Tell me about raking leaves.

Can you identify these colorful fall trees? (See attached)

California Dreamin'

Discussion

This song was written by John and Michelle Phillips, originally part of *the New Journeymen* who later became the group *the Mamas & the Papas*. They were missing the sunny California days during one cold winter while they were living in New York and wrote this song.

What is your favorite season? Do you find yourself dreaming of warmer, sunnier places during the winter? Have you ever lived in a place where there was not a distinct change of seasons? How do you think it would feel?

Read what blogger Emily Hopcian wrote about her experience living in California without a distinct change of season:

Distinct seasons help measure time. They provide a yearly pace; they give each year a distinct rhythm. Without seasonal benchmarks my first year in California, my balance felt off. When October came around again, it didn't feel as though a year had gone by. It's not paralyzing — and you certainly come to terms with the flow of a year in a place that lacks changing seasons — but it definitely messes with your sense of time.

I think what I love most about having four distinct seasons — and what you can't get in a place that doesn't have them — is that you learn to appreciate each one for what it is. When it comes to the weather, you get what you get. It is what it is. You complain about it, deal with it or — for the human among us — do a bit of both.

Shoo Fly Pie and Apple Pan Dowdy

Discussion

What are some of your favorite fall foods? (apple crisp, pumpkin bread, pumpkin muffins, spice cookies, hot dish, beef stew...)

Complete this sentence: "On a crisp autumn day, there is nothing like walking into the house and being greeted by the smell of _____"

Moving

Watching (See YouTube playlist)

Frank Sinatra "Autumn Leaves"

Frank Sinatra & Ella Fitzgerald "Moonlight in Vermont"

Patti Page "Autumn in Rome"

Nat King Cole "'Tis Autumn"

Vivaldi's "Autumn" from *the Four Seasons*

Little Kids Jumping into a Huge Pile of Leaves

Closing Song

Happy Trails to You



Upper Back Stretch

Chest Stretch

Upper Back Stretch

1. Begin seated with relaxed shoulders.
2. Extend arms forward at shoulder height and grab one hand with the other and push outwards while pulling your back and shoulders forward.
3. Hold for 10 seconds and release.

Chest Stretch

1. Begin seated with relaxed shoulders.
2. Pull extended arms back while grabbing one hand, keeping both hands down near the buttocks.
3. Pull your shoulders back and hold for 10 seconds and release.



Sit and Reach Stretch

Neck Stretch

Inner Thigh Stretch

Sit and Reach Stretch

1. Sit at the edge of a chair and extend your legs forward with your knees slightly bent.
2. Keep your heels on the floor and toes pointed toward the ceiling.
3. Extend both arms in front and reach to touch your toes, while slowly bending at the waist without bouncing.
4. Hold for 10 seconds then return to resting position.

Neck Stretch

1. Begin seated and slowly tilt your head to your right shoulder.
2. Hold this position and extend your left arm to the side and downward at waist level.
3. Release, then repeat on the left side. Repeat twice on each side.

Inner Thigh Stretch

1. Begin standing with your feet slightly wider than hip-width apart and toes pointing slightly outward.
2. Slowly lean to your left side by bending your left knee while keeping your right leg straight.
3. Keep your left knee from passing your toes.
4. Hold for 10 seconds then return to resting position and repeat on the right.



Shoulder Circles

Hand Stretches

Shoulder Circles

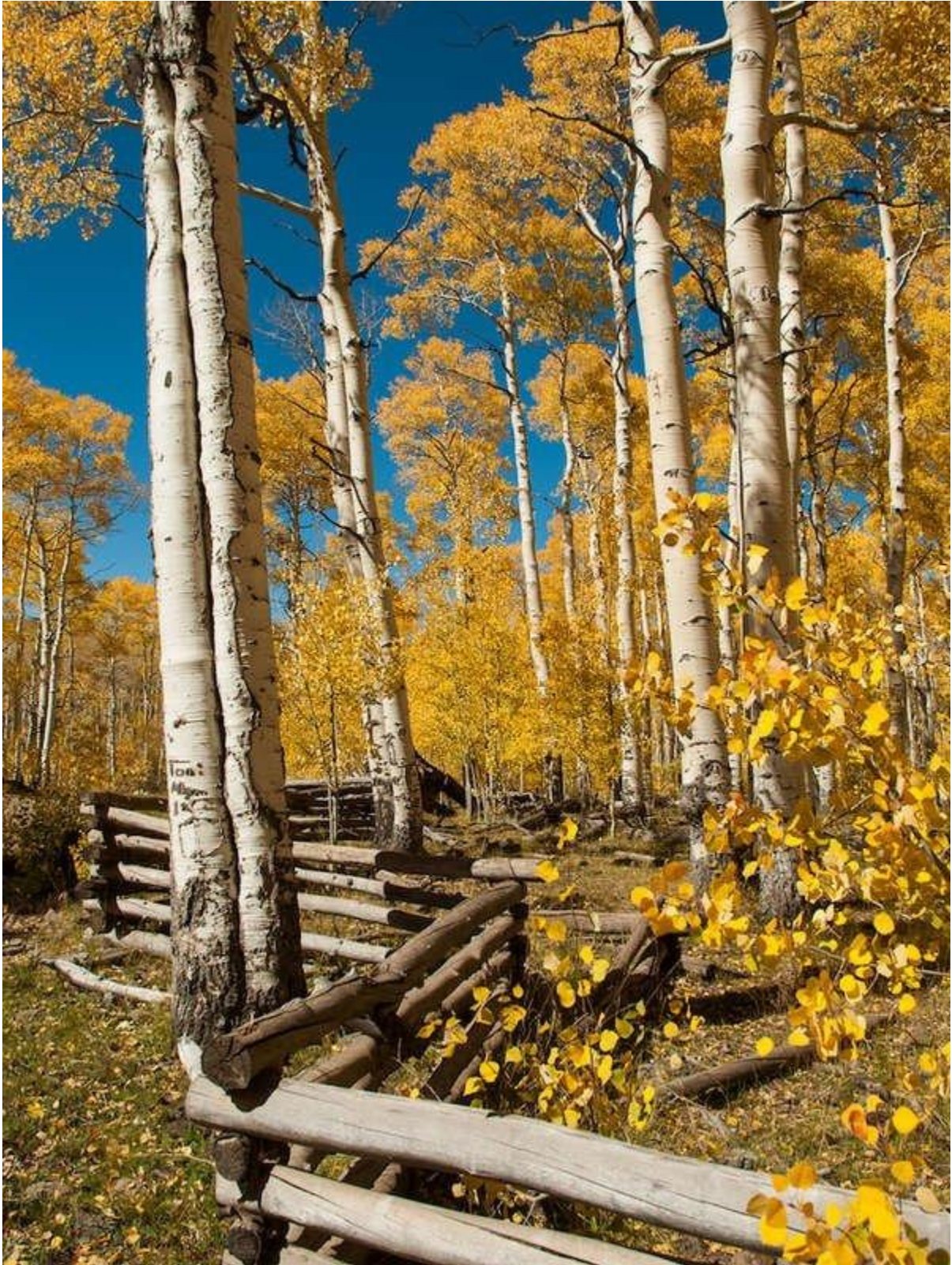
1. Begin seated and place fingertips on your shoulders.
2. Circle your shoulders 15 times forwards, then 15 times backwards.

Hand Stretches

1. Begin seated with hands reached out in front of you, palms facing down.
2. Open both hands to spread your fingers apart, then close your hands. Repeat 10 times.



Oak tree



Quaking aspen



Sugar maple



Sweet Gum Tree



Sassafras Tree



Ginkgo tree



Sumac

Oh What a Beautiful Morning

**There's a bright golden haze on the meadow
There's a bright golden haze on the meadow
The corn is as high as an elephant's eye
And it looks like it's climbing clear up to the sky**

**Oh, what a beautiful morning,
oh what a beautiful day
I've got a beautiful feeling
everything's going my way**

**All the cattle are standing like statues
All the cattle are standing like statues
They don't turn their heads as they see me ride by
But a little brown maverick is winkin' her eye**

**Oh, what a beautiful morning,
oh what a beautiful day
I've got a beautiful feeling
everything's going my way**

**All the sounds of the earth are like music
All the sounds of the earth are like music
The breeze is so busy it don't miss a tree
And an old weepin' willow is laughin' at me**

Shine On Harvest Moon

Shine on, shine on harvest moon

Up in the sky

I ain't had no lovin'

since January, February, June or July

Snow time ain't no time to stay outdoors

And spoon

So shine on, shine on harvest moon

For me and my gal

The night was mighty dark

So you could hardly see

For the moon refused to shine

Couple sitting underneath the willow tree

For love, they pine

Little May was kinda 'fraid of darkness

So she says, "I guess I'll go"

Boy began to sigh, looked up to the sky

Told the sky his tale of woe

(turn page)

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So shine on, shine on harvest moon

For me and my gal

Autumn Leaves

**The falling leaves drift by the window
The autumn leaves of red and gold
I see your lips, the summer kisses
The sun-burned hands I used to hold
Since you went away the days grow long
And soon I'll hear old winter's song
But I miss you most of all my darling
When autumn leaves start to fall**

**Since you went away the days grow long
And soon I'll hear old winter's song
But I miss you most of all my darling
When autumn leaves start to fall**

California Dreamin'

**All the leaves are brown (all the leaves are brown)
And the sky is grey (and the sky is grey)
I've been for a walk (I've been for a walk)
On a winter's day (on a winter's day)
I'd be safe and warm (I'd be safe and warm)
If I was in L.A. (if I was in L.A.)**

**California dreamin' (California dreamin')
On such a winter's day**

**Stopped into a church I passed along the way
Well, I got down on my knees
(got down on my knees)**

**And I pretend to pray (I pretend to pray)
You know the preacher like the cold
(preacher like the cold)**

He knows I'm gonna stay (knows I'm gonna stay)

**California dreamin' (California dreamin')
On such a winter's day**

**All the leaves are brown (all the leaves are brown)
And the sky is grey (and the sky is grey)
I've been for a walk (I've been for a walk)
On a winter's day (on a winter's day)**

If I didn't tell her (if I didn't tell her)

I could leave today (I could leave today)

California dreamin' (California dreamin')

On such a winter's day (California dreamin')

On such a winter's day (California dreamin')

On such a winter's day

Shoo Fly Pie & Apple Pan Dowdy

If you wanna do right by your appetite,
If you're fussy about your food,
Take a choo-choo today, head new england way,
And we'll put you in the happiest mood.

With Shoo fly pie and apple pan dowdy
Makes your eyes light up,
Your tummy say "howdy."
Shoo fly pie and apple pan dowdy
I never get enough of that wonderful stuff.
Shoo fly pie and apple pan dowdy
makes the sun come out

When heavens are cloudy,
Shoo fly pie and apple pan dowdy,
I never get enough of that wonderful stuff!
Mama! when you bake,
Mama! i don't want cake;
Mama! for my sake
Go to the oven and make some ever lovin' sh,

Turn page

**Shoo fly pie and apple pan dowdy
Makes your eyes light up,
Your tummy say "howdy, "
Shoo fly pie and apple pan dowdy
I never get enough of that wonderful stuff!6**

Happy Trails to You

**Happy trails to you,
Until we meet again.
Happy trails to you,
Keep smiling until then.**

**Who cares about the clouds when we're together?
Just sing a song, and bring the sunny weather.**

**Happy trails to you,
Until we meet again.**