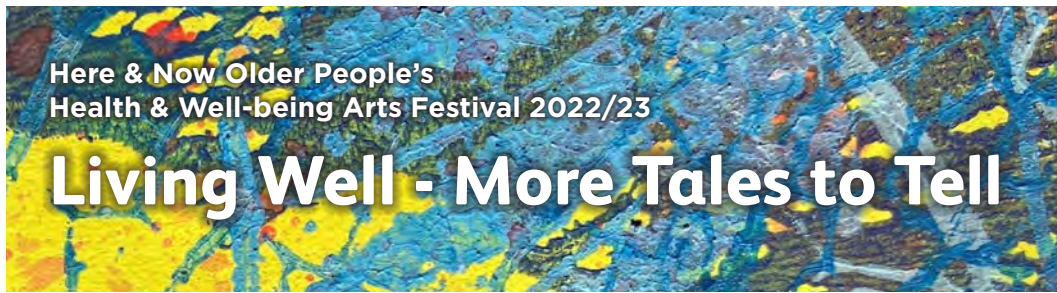




Are you Dancing?

Living Well More Tales to tell through songs

A selection of songs and memories from the Mosside community in association with Age NI for Arts Cares Here & Now Arts Health and Well-being Festival for Older people 2022-23



Here & Now Arts Health and Well-being Festival for Older people 2022/23

Arts Care have been delighted to host in partnership with the Public Health Agency the 12th 'Here & Now' Arts & Well-being Festival for Older people.

This annual Arts Festival offers a unique opportunity for older people over the age of 60 plus to participate in a series of arts activities led by our team of expert Arts & Health Artists. Our Artists have been inspired to deliver the best festival yet across Northern Ireland amidst the ongoing challenges of Covid-19 with a blended approach to delivery including online creative delivery.

The Festival this year was community based and the theme was - *Living Well, More Tales to Tell.*

Arts Care has delivered 24 projects to community groups Northern Ireland wide and in addition 20 Regional Zoom workshops giving opportunities for anyone over the age of 60 to participate in an Arts Care Zoom Dance, Music and Visual Art workshop.

If you would like further information on how to take part in the Festival, please contact Arts Cares' Here & Now Coordinator Clare – clare@artscare.co.uk

Are you Dancing?

Karen Diamond worked with Age NI and a group at Mosside Presbyterian Church in Mosside North Antrim.

The title of the project started life as Mosside Melodies as we talked about music and memories for participants. However, when one person shared how they had been to an exhibition about the showbands in the north coast area this sparked many tales and stories of going to the dances and the memories associated with this. We had one couple who shared that they met at a barn dance and will celebrate 50 years of marriage this year; another lady whose brother moved to London and played fiddle in the Galtymore a famous Irish Ballroom of romance in Cricklewood. Many Irish emigrants who had made their way to London in search of work met there and hearing the song reminded her of her brother. The group chose the songs they would like to sing and we have created a booklet with the lyrics, a list of the places they danced and the soaps and perfumes/aftershaves they wore before heading out for the evening to hear the words 'Are you Dancing'?

Many thanks to the group and especially Mary the driving force for setting the hall up, making the tea along with the other ladies and the wonderful welcome. Happy singing and dancing.

Karen Diamond

Visit the Arts Care website to view this project and the Here & Now exhibition online. www.artscare.co.uk - (from 1 May 2023)

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All I Have to Do Is Dream

Dream, dream, dream, dream, dream, dream, dream, dream.
When I want you in my arms when I want you and all your charms
Whenever I want you all I have to do is dream...
Dream, dream, dream, dream, dream, dream, dream, dream.

I can make you mine taste your lips of wine anytime night or day only trouble is gee whiz.
I'm dreamin' my life away.
When I feel blue in the night. And I need you to hold me tight
Whenever I want you all I have to do is dream

I can make you mine taste your lips of wine anytime night or day only trouble is gee whiz.
I'm dreamin' my life away.
When I feel blue in the night. And I need you to hold me tight
Whenever I want you all I have to do is dream

I need you so, that I could die; I love you so and that is why; Whenever I want you all I have to do is
dream dream, dream, dream, dream, dream, dream, dream, dream.

All Kinds of Everything

Snowdrops and daffodils butterflies and bees.
Sailboats and fishermen things of the sea.
Wishing-wells wedding bells, early morning dew
All kinds of everything remind me of you.

Seagulls and aeroplanes, things of the sky.
Winds that go howlin' breezes that sigh.
City sights, neon lights grey skies or blue.
All kinds of everything remind me of you.

Summertime, wintertime, spring and autumn too. Monday, Tuesday every day I think of you.
Dances, romances things of the night.
Sunshine and holidays Postcards to write.
Budding trees, autumn leaves A snowflake or two.
All kinds of everything remind me of you.

Summertime, wintertime Spring and autumn too.
Seasons will never change the way that I love you.
All Kinds of everything remind me of you.

Always on my mind

Maybe I didn't treat you quite as good as I should
Maybe I didn't love you quite as often as I could
Little things I should have said and done I never took the time
You were always on my mind. You were always on my mind

Maybe I didn't hold you all those lonely, lonely times.
And I guess I never told you I am so happy that you're mine
If I made you feel second best I'm so sorry I was blind.
You were always on my mind. You were always on my mind

Tell me, tell me that your sweet love hasn't died
Give me, One more chance to keep you satisfied, keep you satisfied.

Amarillo

When the day is dawning, on a Texas Sunday morning, how I long to be there, with Marie who's waitin'
for me there. Every lonely city where I hang my hat, ain't as half as pretty as where my baby's at.

*Is this the way to Amarillo? Every night I've been hugging my pillow.
Dreaming dreams of Amarillo and sweet Marie who waits for me.*

*Show me the way to Amarillo I've been weepin' like a willow.
Crying over Amarillo and sweet Marie who waits for me.
Sha la la la la la la la (x3) and Marie who waits for me.*

There's a church bell ringing, hear the sound of joy that it's singing
For the sweet Maria. And the guy who's comin' to see her. Just beyond the highway, lies an open plain.
And it keeps me going through the wind and rain. Is this the way to Amarillo?.....

The Black Hills of Dakota

Take me back to the Black Hills the Black Hills of Dakota
To the beautiful Indian country that I love
Lost my heart in the Black Hills the Black Hills of Dakota
Where the pines are so high that they kiss the sky above
Take me back to the Black Hills the Black Hills of Dakota
To the beautiful Indian country that I love

And when I get that lonesome feelin' and I'm miles away from home
I hear the voice of the mystic mountains callin' me back home
So, take me back to the Black Hills the Black Hills of Dakota
To the beautiful Indian country that I love.

And when I get that lonesome feelin' and I'm miles away from home
I hear the voice of the mystic mountains callin' me back home
So, take me back to the Black Hills, the Black Hills of Dakota
To the beautiful Indian country that I love.

Blanket On the Ground

Come and look out through the window, that big old moon is shinin' down.
Tell me now don't it remind you, of a blanket on the ground

Remember back when love first found us we'd go slippin' out of town
And we'd love beneath the moonlight on a blanket on the ground.

I'll get the blanket from the bedroom, and we'll go walkin' once again
To that spot down by the river where our sweet love first began

Just because we are married, don't mean we can't slip around
So let's walk out through the moonlight, and lay the blanket on the ground

Oh, remember how excited, we used to get when love was young
That old moon was our best buddy we couldn't wait for night to come

Now you know you still excite me, I know you love me like I am
Just once more I wish you'd love me on the blanket on the ground

I'll get the blanket from the bedroom.....

Can't Help Falling in Love

Wise men say only fools rush in, but I can't help falling in love with you
Shall I stay? Would it be a sin if I can't help falling in love with you?
Like a river flows surely to the sea darling, so it goes, some things are meant to be.

Take my hand, take my whole life, too, for I can't help falling in love with you.
Like a river flows surely to the sea darling, so it goes, some things are meant to be.
Take my hand, take my whole life, too for I can't help falling in love with you, for I can't help falling in love with you.

Catch a falling star

Catch a falling star and put it in your pocket. Never let it fade away
Catch a falling star and put it in your pocket. Save it for a rainy day.

For love may come and tap you on the shoulder some starless night
Just in case you feel you want to hold her. You'll have a pocketful of starlight.

Catch a falling star and put it in your pocket. Never let it fade away
Catch a falling star and put it in your pocket. Save it for a rainy day.

For love may come and tap you on the shoulder some starless night
Just in case you feel you want to hold her. You'll have a pocketful of starlight.

Catch a falling star and put it in your pocket. Never let it fade away
Catch a falling star and put it in your pocket. Save it for a rainy day.

Country Roads

Almost heaven, West Virginia. blue ridge mountains, Shenandoah River
Life is old there, older than the trees. Younger than the mountains, blowing like a breeze.

Chorus: Country roads, take me home to the place I belong
West Virginia. Mountain mamma, take me home country roads.

All my memories, gather round her. Miners lady, stranger to blue water.
Dark and dusty, painted on the sky. Misty taste of moonshine, teardrop in my eye.

Chorus: Country roads.....

I hear her voice in the morning hour she calls me. Radio reminds me of my home far away.
Driving down the road I get a feeling that I should have been home yesterday, yesterday.

Chorus: Country roads.....

Crystal Chandeliers

Oh, the crystal chandeliers light up the paintings on your walls
The marble statuettes are standing stately in the hall
But will the timely crowd that has you laughing loud help you dry your tears.
When the new wears off of your crystal chandeliers?

Never did fit in too well with the folks you knew, when it's plain to see that the likes of me don't
fit with you. So you traded me for the gaiety of the well to do, and you turned away from the love I
offered you.

Oh, the crystal chandeliers light up the paintings on your wall
The marble statuettes are standing stately in the hall
Will the timely crowd that has you laughing loud
Help you dry your tears.
When the new wears off of your crystal chandeliers?

Instrumental

Oh, the crystal chandeliers light up the paintings on your wall
The marble statuettes are standing stately in the hall
Will the timely crowd that has you laughing loud
Help you dry your tears.
When the new wears off of your crystal chandeliers?
When the new wears off of your crystal chandeliers?

Daydream Believer

Oh, I could hide 'neath the wings of the bluebird as she sings.
The six o'clock alarm would never ring.
But it rings and I rise wipe the sleep out of my eyes.
My shavin' razor's cold and it stings.

Cheer up, Sleepy Jean Oh, what can it mean.
To a daydream believer and a homecoming queen

You once thought of me as a white knight on his steed.
Now you know how happy I can be.
Oh, and our good times start and end without dollar one to spend.
But how much, baby, do we really need.
Cheer up, Sleepy Jean oh, what can it mean to a daydream believer.
And a homecoming queen. Cheer up, Sleepy Jean oh, what can it mean.
To a daydream believer and a homecoming queen.

From the blackboard of my heart

When I was young and went to school, they taught me how to write
To take the chalk and make a mark and hope it turns out right
Well that's the way it is with love and what you did to me
I wrote it so you'd know that I was yours eternally

(Chorus): But my tears have washed I love you from the blackboard of my heart.
It's too late to clean the slate and make another start
I'm satisfied the way things are although we're far apart
My tears have washed I love you from the blackboard of my heart

If you'd been true the way you should and not have gone astray
These tears would not have fallen down and washed the words away
No need to talk, 'cause if the chalk should write those words again
It will be for someone else not things that might have been.

Chorus

From the candy store

From the candy store on the corner to the chapel on the hill.
Two young lovers are longing to go there, and they dream someday they will.

Both their hearts are in tune with a love song. Every promise they make they mean.
For true love is the treasure of treasures when you're only seventeen.

At seventeen, it's a thrill to dream someday you will.
Walk hand in hand from the candy store to the chapel on the hill.
Walk hand in hand from the candy store to the chapel on the hill.

Green Green Grass Of Home

The old home town looks the same as I step down from the train,
and there to meet me is my Mama and Papa.
Down the road I look and there runs Mary hair of gold and lips like cherries.
It's good to touch the green, green grass of home.
Yes, they'll all come to meet me, arms reaching, smiling sweetly.
It's good to touch the green, green, grass of home.

The old house is still standing, tho' the paint is cracked and dry,
and there's that old oak tree that I used to play on.
Down the lane I walk with my sweet Mary, hair of gold and lips like cherries.
It's good to touch the green, green grass of home.

Then I awake and look around me; at four grey walls that surround me.
And I realize, yes, I was only dreaming.
For there's a guard and there's a sad, old padre on and on, we'll walk at daybreak.
Again, I'll touch the green, green grass of home

Yes, they'll all come to see me in the shade of that old oak tree
As they lay me 'Neath the green, green grass of home.

He'll Have To Go

Put your sweet lips a little closer to the phone;
Let's pretend that we're together all alone.
I'll tell the man to turn the jukebox way down low;
And you can tell your friend there with you, he'll have to go.

Whisper to me, tell me, do you love me true;
Or is he holding you the way I do.
Though love is blind, make up your mind, I've got to know;
Should I hang up or will you tell him, he'll have to go.

You can't say the words I want to hear while you're with another man
Do you want me, answer yes or no, darlin' I will understand.

Put your sweet lips a little closer to the phone;
Let's pretend that we're together all alone.
I'll tell the man to turn the jukebox way down low.
And you can tell your friend there with you, he'll have to go.

Help Me Make It Through The Night

Take the ribbon from your hair shake it loose and let it fall
Lay it soft against my skin like the shadows on the wall
Come and lay down by my side till the early morning light
All I'm taking is your time help me make it through the night.

I don't care what's right or wrong now I won't try to understand
Let the devil take tomorrow Lord tonight I need a friend.
Yesterday is dead and gone and tomorrow's out of sight
it's so sad to be alone help me make it through the night.
Lord it's sad to be alone help me make it through the night.

Lord it's sad to be alone help me make it through the night.

Jolene

Jolene, Jolene, Jolene, Jolene I'm begging of you please don't take my man.
Jolene, Jolene, Jolene, Jolene please don't take him just because you can.

Your beauty is beyond compare with flaming locks of auburn hair
With ivory skin and eyes of emerald, green. Your smile is like a breath of spring your voice is soft like
summer rain and I cannot compete with you, Jolene.

Jolene, Jolene, Jolene, Jolene I'm begging of you please don't take my man.
Jolene, Jolene, Jolene, Jolene please don't take him just because you can.

He talks about you in his sleep there's nothing I can do to keep
From crying when he calls your name, Jolene
And I can easily understand how you could easily take my man
But you don't know what he means to me, Jolene.

Jolene, Jolene, Jolene, Jolene I'm begging of you please don't take my man.
Jolene, Jolene, Jolene, Jolene Please don't take him just because you can

You could have your choice of men, but I could never love again.
He's the only one for me, Jolene. I had to have this talk with you
My happiness depends on you and whatever you decide to do, Jolene. Jolene, Jolene.

Let him go let him Tarry

*Let him go, let him tarry, let him sink or let him swim
He doesn't care for me nor I don't care for him
He can go and get another that I hope he will enjoy
For I am going to marry a far nicer boy.*

Farewell to cold winter, summer's come at last. Nothing have I gained but my true love I have lost.
I'll sing and I'll be happy like the birds upon the tree. For since he deceived me I care no more for he.

*Let him go, let him tarry, let him sink or let him swim
He doesn't care for me nor I don't care for him,
He can go and get another that I hope he will enjoy,
For I am going to marry a far nicer boy.*

He wrote me a letter saying he was very bad
I sent him back an answer saying I was awful glad
He wrote to me another saying he was well and strong
But I care no more about him than the ground he walks upon.

Let him ..

He can go to his old mother now and set her mind at ease,
I hear she is an old, old woman, very hard to please.
It's slighting me and talking ill is what she's always done,
Because that I was courting her great big ugly son.

Let him go...

Little Ole Wine Drinker Me

I'm praying for rain in California, so the grapes can grow and they can make more wine.
And I'm sitting in a honky in Chicago,
With a broken heart and a woman on my mind.
I asked the man behind the bar for the jukebox,
And the music takes me back to Tennessee.
And he asked who's the fool in the corner crying.
I say a little ole wine drinker me.

I came here last week from down in Nashville 'Cause my baby left for Florida on a train.
I thought I'd get a job and just forget her
But in Chicago, the broken heartache's still the same.
I asked the man behind the bar for the jukebox,
And the music takes me back to Tennessee.
When they ask who's the fool in the corner crying,
I say a little ole wine drinker me.
I say a little ole wine drinker me.

Old Flames (Can't Hold A Candle To You)

Downtown tonight, I saw an old friend, someone who
I use to take comfort from long before I met you.
I caught a spark from his eyes of forgotten desire
With a word, or a touch, I could have rekindled that fire.
Old flames can't hold a candle to you
No one can light up the night like you do
Flickering embers of love I've known one or two
But old flames can't hold a candle to you

Sometimes at night, I think of old lovers I've known
I remember how holding them helped me not feel so alone
Then I feel you beside me and even their memories are gone
Like stars in the night lost in the sweet light of dawn

Old flames can't hold a candle to you
No one can light up the night like you do
Flickering embers of love I've known one or two
But old flames can't hold a candle to you
Old flames can't hold a candle to you

Please Help Me I'm Falling

Please help me I'm falling in love with you. Close the door to temptation don't let me walk through.
Turn away from me darling I'm begging you to
Please help me I'm falling in love with you.

I belong to another whose arms have grown cold. But I promised forever to have and to hold.
I can never be free dear but when I'm with you
I know that I'm losing the strength to be true.

Please help me I'm falling and that would be sin. Close the door to temptation don't let me walk in.
For I mustn't want you, but darling I do.
Please help me I'm falling in love with you.

Que Sera Sera

When I was just a little girl I asked my mother, what will I be.
Will I be pretty will I be rich. Here's what she said to me

Que será, será whatever will be, will be.

The future's not ours to see Que será, será what will be, will be.

When I grew up and fell in love I asked my sweetheart, what lies ahead.
Will we have rainbows day after day. Here's what my sweetheart said.

Que sera...

Now I have children of my own they ask their mother; what will I be.
Will I be handsome Will I be rich? I tell them tenderly.

Que será, será.....

Ring Of Fire

Love is a burning thing and it makes a fiery ring.
Bound by wild desire I fell into a ring of fire.

I fell into a burning ring of fire,
I went down, down, down and the flames went higher.
And it burns, burns, burns, the ring of fire, the ring of fire.

The taste of love is sweet when hearts like ours meet.
I fell for you like a child, oh, but the fire went wild.

I fell into a burning ring of fire, I went down, down, down and the flames went higher.
And it burns, burns, burns, the ring of fire, the ring of fire.

I fell into a burning ring of fire, I went down, down, down and the flames went higher.
And it burns, burns, burns, the ring of fire, the ring of fire.
And it burns, burns, burns, the ring of fire, the ring of fire, the ring of fire, the ring of fire.

Save The Last Dance For Me

You can dance, every dance with the guy who gave you the eye and let him hold you tight.
You can smile, every smile for the man who held your hand 'neath the pale moonlight.

But don't forget who's taking you home and in whose arms you're gonna be.
So darlin'. Save the last dance for me, mmm

Oh I know, that the music's fine, like sparkling wine, go and have your fun.
Laugh and sing, but while we're apart, don't give your heart to anyone.

But don't forget who's taking you home and in whose arms you're gonna be.
So darlin' save the last dance for me.

Baby don't you know I love you so? Can't you feel it when we touch?
I will never, never let you go I love you oh so much

You can dance, go and carry on 'til the night is gone and it's time to go.
If he asks if you're all alone can he walk you home, you must tell him no.
'Cause don't forget who's taking you home and in whose arms you're gonna be.
Save the last dance for me.

'Cause don't forget who's taking you home and in whose arms you're gonna be.
Save the last dance for me. Save the last dance for me, mmm
Save the last dance for me, mmm. Save the last dance for me.

Scarlet Ribbons

I peeked in to say good-night when I heard my child in prayer
And for me, some scarlet ribbons. Scarlet ribbons for my hair.
All the stores were locked and shuttered all the streets were dark and bare.
In our town, no scarlet ribbons, no scarlet ribbons for her hair.

Through the night my heart was aching just before the dawn was breaking.
I peeked in and on her bed in gay profusion lying there
Scarlet ribbons, scarlet ribbons scarlet ribbons for her hair.

If I live to be a hundred, I will never know from where.
Came those lovely scarlet ribbons, scarlet ribbons for her hair.

That's amore

When the moon hits your eye like a big pizza pie, that's amore.
When the world seems to shine like you've had too much wine,
That's amore.
Bells will ring ting-a-ling-a-ling, ting-a-ling-a-ling and you'll sing "Vita bella".
Hearts will play tippy-tippy-tay, tippy-tippy-tay like a gay tarantella.

When the stars make you drool just like a pasta fazool that's amore.
When you dance down the street with a cloud at your feet you're in love.
When you walk in a dream but you know you're not dreaming signore.
Scuzza me, but you see, back in old Napoli that's amore.

The Galtymore *(Brendan Shine)*

Me name is Matt from Dublin, and I'm living in London Town
I searched all around for a girl of my own but there wasn't one to be found.
So I went to a dance on a Saturday night I had a little drink and I felt just right.
Was my first time there in me whole life, there I me my pretty young wife.
Now, where did you meet here ? I met her in The Galtymore.
In the Galtymore in Cricklewood, I asked her for a dance and she said she would.
The band played an oldie called "In The Mood" I met her in the Galtymore.

Then I walked her up to her own front door and I kissed her for the very first time. I like it very much
so I asked for a date next Saturday at a quarter to nine. Well I met her on that Saturday night, I asked
here to marry me she said she might. We'd a smashing time we danced 'till late, 'twas my first and
very last date.

Now, where did you meet here ? I met her in The Galtymore.
In the Galtymore in Cricklewood, I asked her for a dance and she said she would. The band played an
oldie called "In The Mood" I met her in the Galymore.

Me name is Matt from Dublin and I'm married in London Town,
I've been married to her now for 30 years or more and it's going great and it's sound. We have a son
of 32 and his name is Matt, he couldn't get a girl, he's shy like that. He went to a dance on Saturday
night and there he met his pretty miss right. Now, where did you meet here ? I met her in The
Galtymore. In the Galtymore in Cricklewood, I asked her for a dance and she said she would. The band
played an oldie called "In The Mood" I met her in the Galtymore.

What a Wonderful World

I see trees so green, red roses too I see them bloom for me and you.
And I think to myself what a wonderful world.

I see skies so blue and clouds so white. The bright blessed day, the dark sacred night.
And I think to myself what a wonderful world.

The colours of the rainbow so pretty in the sky are also on the faces of people going by.
I see friends shaking hands saying how do you do.
They're really saying I love you. I hear babies crying, I watch them grow.
They'll learn much more than I'll ever know.

And I think to myself what a wonderful world.
Yes I think to myself what a wonderful world.

Wild Side of Life

You gave up the only one that ever loved you, and went back to that wild side of life.

You wouldn't read my letter if I wrote you. You ask me not to call you on the phone.
Well, there's something I'm wanting to tell you, so I wrote it in the words of this song.

Chorus: I didn't know God made honky-tonk angels. I might have known you'd never make a wife.
You gave up the only one that ever loved you and went back to that wild side of life.

The glamour of the gay night life has lured you. To the places where the wine and liquor flow.
Where you went to be anybody's baby. And forget the truest love you ever know. Chorus

Wonder Of You

When no-one else can understand me,
When everything I do is wrong.
You give me hope and consolation,
You give me strength to carry on.
And you're always there to lend a hand in everything I do.
That's the wonder, the wonder of you.

And when you smile the world is brighter, you touch my hand and I'm a king.
Your kiss to me is worth a fortune, your love for me is everything.
I'll guess I'll never know the reason why you love me like you do.
That's the wonder, the wonder of you.

Wooden Heart

Can't you see I love you, please don't break my heart in two.
That's not hard to do 'cos I don't have a wooden heart
And if you say goodbye, then I know that I would cry.
Maybe I would die, 'cos I don't have a wooden heart.

There's no strings upon this love of mine
It was always you from the start
Treat me nice, treat me good, treat me like you really should.
'Cos I'm not made of wood and I don't have a wooden heart.
There's no strings upon this love of mine.....

Working Man

It's a working man I am and I've been down underground
And I swear to God if I ever see the sun
Over any length of time, I can hold it in my mind
I never again will go down underground

At the age of 16 years oh he quarrels with his peers
Who vowed they'd never see another one.
In the dark recess of the mine, where you ache before your time.
And the coal dust lies heavy on your lungs.

It's a working man I am and I've been down underground
And I swear to God if I ever see the sun
Over any length of time, I can hold it in my mind
I never again will go down underground

At the age of sixty-four, oh he'll greet you at the door
And he'll gently lead you by the arm.

Through the dark recess of the mind oh he'll take you back in time and he'll tell you of the hardships
that were his.

It's a working man I am and I've been down underground
And I swear to God if I ever see the sun
Over any length of time, I can hold it in my mind
I never again will go down underground.

Your Cheatin' Heart"

Your cheatin' heart will make you weep.
You'll cry and cry and try to sleep.
But sleep won't come the whole night through.
Your cheatin' heart will tell on you.
When tears come down like fallin' rain,
You'll toss around and call my name.

You'll walk the floor the way I do.
Your cheatin' heart will tell on you.
When tears come down like fallin' rain
You'll toss around and call my name.
You're goonna walk the walk the floor the very way I do
Your cheating heart it's gonna tell on you.

You're My Best Friend

You placed gold on my finger. You brought love like I've never known
You gave life to our children and to me a reason to go on.
You're my bread when I'm hungry, you're my shelter from troubled winds
You're my anchor in life's ocean but most of all you're my best friend.

When I need hope and inspiration, you're always strong when I'm tired and weak.
I could search this whole world over you'd still be everything that I need.
You're my bread when I'm hungry, you're my shelter from troubled winds
You're my anchor in life's ocean but most of all you're my best friend.

You're my bread when I'm hungry, you're my shelter from troubled winds
You're my anchor in life's ocean but most of all you're my best friend.

Before we went dancing we had a wash and used perfume or aftershave – some of the scents we remembered.



Where we danced

Adair Arms, Ballymena
Arcadia Ballroom, Portrush
Astor Ballroom, Belfast
Belle Vue Hall, Belfast
Betty Staff's Ballroom, Belfast
Boom Boom Room, Belfast
Bridge Inn, Dunloy
Carousel Ballroom, Belfast
Carrera Ballroom, Ballyclare
Celebrity Club, Belfast
Chimney Corner Hotel, Newtownabbey
Club Rado, Belfast Formerly the Maritime Ballroom
Coates Street Dancehall, Belfast
Cushendall -Glens Hotel
Deerpark Inn (Hotel), Antrim
Edenmore Hotel, Jordanstown
Europa Hotel, Belfast
Fiesta Ballroom, Belfast
Flamingo, Ballymena
Floral Hall Ballroom, Newtonabbey
Fort Royal Inn, Ballymena
Gala Ballroom, Belfast
GEC Works Canteen, Larne
Grosvenor Hall, Belfast
Kelly's-Golf Links Hotel, Portrush
King Arthur's Niteclub, Belfast
Kings Arms Hotel, Larne
Kingsway Ballroom, Belfast
Laharna Hotel, Larne
Leighinmore House Hotel, Ballymena
Manor Hotel, Ballymoney
Maritime Ballroom, Belfast
Maxim's Ballroom, Belfast
Midland Hotel, Belfast
Neillsbrook Hall, Randalstown
Northern National Hotel, Portrush
Orange Hall, Bushmills
Orchid Ballroom, Belfast
Orpheus Ballroom, Belfast
Palladium Ballroom, Portrush
Parochial Hall, Ballycastle
Pavilion Dance hall, Larne
Plaza Ballroom, Belfast
Plaza Ballroom, Larne
Pond Park Ballroom, Lisburn
Pound Music Club, Belfast
Quay Road Hall, Ballycastle
Ramble Inn, Antrim
Richview Ballroom, Islandmagee
Rinka Ballroom, Islandmagee
Romano's Ballroom, Belfast
Rotunda Ballroom, Belfast
St. Clare's Hall, Glenavy
St. Clement's Hall, Belfast
Thrupenny Bit, Balmoral
Top Hat Ballroom, Lisburn
Town Hall, Ballycastle
Town Hall, Ballyclare***
Town Hall, Ballymena
Trocadero Ballroom, Belfast
Tullyglass House Hotel, Ballymena
Ulster Hall, Belfast
Waterfront Hall, Belfast
Whistle Stop, Belfast
Woodlands Hotel, Lisburn

For those who danced in Co Down before coming to live in Mosside

Ballyhornan Ballroom, Downpatrick

Bannville House Hotel, Banbridge

Beech Club, Ballyhoran Co Down

Belmont Hotel, Banbridge Co Down

Canal Court Hotel, Newry

Caproni's Ballroom, Bangor

Castle Ballroom, Banbridge

Central Ballroom, Newcastle Co Down

Cloud 9, Bangor Co Down

Drumaroad Hall, Drumaroad

Focsle Hall, Bangor

Hynde's Ballroom, Portaferry

Locarno Ballroom, Portaferry

Memorial Hall, Crossgar

Milano's Ballroom, Bangor

Millbrook Lodge, Ballynahinch

Park House, Ballinahinch

Queen's Court, Bangor

Queen's Hall Ballroom, Newtownards

Quinn's Ballroom, Portaferry

Savoy Hotel, Bangor

Town and Country, Newtownards

The Showbands & Singers we danced to

Brendan Shine

Brian Coll and the Buckaroos

The Indians

Big Tom and the Mainliners

George Jones

Frankie McBride and the Polka Dots

Michael English

Jim Reeves

Joe Dolan

Philomena Begley

Susan McCann

Ruby Murray

Charlie Pride

Dolly Parton




Loretta Lynn

Dickie Rock

Rock Stewart

Teddy Palmer



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Here & Now
 The Art of Ageing Well

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