

Get Up And Go

Chorus

The musical score is written in 3/4 time with a key signature of one sharp (F#). The Chorus section consists of two staves of music. The first staff has chords F, C, G7, and C. The second staff has chords F, C, and G7. The Verse section consists of seven staves of music. The first staff has chords C, C, and G7. The second staff has chords C, F, C, and D7. The third staff has chords G, C, and G7. The fourth staff has chords C, F, and C. The fifth staff has chords G7 and C. The piece ends with a double bar line.

Chorus

How do I know my youth is all spent?
My get up and go has got up and went
In spite of it all, I'm able to grin
When I think of the places my get up has been

1. Old age is golden, I think I've heard said
But sometimes I wonder as I crawl into bed
My ears in a drawer, my teeth in a cup
My eyes on the table until I wake up
As sleep dims my vision, I say to myself
Is there anything else I should lay on the shelf?
But nations are warring and business is vexed
So I'll stick around to see what happens next

Chorus

2. When I was younger, my slippers were red
I could kick up my heels right over my head
When I was older my slippers were blue
But still I could dance the whole night thru
Now I am old, my slippers are black
I huff to the store and I puff my way back
But never you laugh, I don't mind at all
I'd rather be huffing than not puff at all
Chorus

3. I get up each morning and dust off my wits
Open the paper and read the obits
If I'm not there, I know I'm not dead
So I eat a good breakfast and go back to bed
Chorus

Some of the words were collected by Pete Seeger from various locations and places. He added some others to round out the verses and set it all to music.
I learned it from one of his recordings.