

Together Sessions

These sessions are about sharing and connecting with others. If you choose to join the group only for the sing along, that's fine!

How will we connect?

The zoom link will be shared on the morning of the sharing session. If you do not have a smart phone, ipad or computer you will be able to use your landline phone to dial into the session. Please ask for assistance before the session if you are unsure how to join the session.

For each session please choose one or more of the following:

An object that reminds you of the specific decade. This could be a photo, an item of clothing, jewellery, an old mug, a magazine. This is completely personal to you and can be anything.

- Is there a specific image that accompanies the object?
- Do you associate this object with a particular person?
- Is there a location that is relevant?
- Is the object associated with a season, a colour, or a sound?

A memory from the specific decade. This can be as simple as the first day of spring in the park or as important as your wedding day. It just needs to be something you are happy to share. Your sharing can be one sentence or a short story, it's completely up to you.

- Who else is part of this memory?
- Is there a specific date?
- Do you share this memory often?
- Is it a precious memory?
- Who else shares this memory with you?

A song from the specific decade. We will take song suggestions from the group, examples are below. (please make suggestions 2 days before the session)

- Why have you chosen this song?
- When and where did you first hear the song?
- Did you dance to it?
- Who was with you?
- What has made it memorable?
- How often do you listen to it?

Week one 1940s

Songs may include:

Sentimental Journey Doris Day
You are my sunshine Jimmie Davis
Blues in the night Woody Herman

Week two 1950s

Songs may include:
My Baby Just Cares for Me Nina Simone
Rock Me baby BB King
Bye Bye Love Everly Brothers

Week three 1960s

Songs may include:
I feel Fine the Beatles
Downtown Sandy Shaw
Shoop Shoop Song Aretha Franklin

Week four 1970s

Gimme, Gimme, Gimme, Abba
Lean on Me Bill Withers
Bee Gees Staying Alive

If you choose to join the group only for the sing along, that's fine too!