

Reminiscence with Rebekah

Virtual Sing Along

Theme: **Remembrance Day**

Duration: approximately 45 minutes

- 10-15 minutes to read over discussion questions
- 30 minutes for the YouTube sing along

Welcome!

Thank you so much for joining me for ‘Reminiscence with Rebekah!’ This week’s theme is: **Remembrance Day**. Take a look at the ‘pre-session’ notes and read through the questions before starting the sing along. Feel free to engage in answering the questions with a loved one at home (spouse, son, daughter, Caregiver, etc.) or read through the questions on your own.

Here are a few things to get ready before starting the YouTube video!

Pre- session

1. Print out the PDF lyrics for the Sing Along so you can sing along at home!
2. Feel free to contact me if you need a larger font.
rebekahkoop@gmail.com
3. Find a quiet, comfortable spot at home- grab some tea, coffee, or water and read through the discussion questions.
4. Press play on the link in the email and get ready to sing along!

Title: ‘Reminiscence with Rebekah: Remembrance Day’ (32:02)

There is no condensed video for this Sing Along package.

Discussion Questions:

Below are some questions to consider before starting the YouTube sing along video.

- Do you know of someone who was involved in a war?
- Do you remember a loved one leaving or coming back from the war?
- Remembrance Day is also about remembering lives that have been lost, have you lost a loved one over the last year?
- What comes to mind when you think of Remembrance Day?
- How has war impacted your life? In a small or big way?
- On Remembrance Day, we remember the lives that we have lost during wartime, and we also reflect on loved ones that we may have lost over the past year. In particular over the last year, we have lost many lives to Covid-19. Although a war is different from a pandemic, some similarities can be made between war and the experiences we have faced through the pandemic. What are some similarities you can think of? Who are our covid soldiers?
 - Some examples might be- feelings of isolation, sadness, and despair- similar to those feelings felt in wartime. Other examples may include having to fight a disease and have courage just as soldiers needed to fight in war. There are heroes in war, who are the heroes we've had throughout the pandemic?

Now sit back- relax! Hang on to your printed lyrics- or your iPad (which has the lyrics)- and press play on the YouTube video. Enjoy!

Additional songs to listen to at the end of the session either on YouTube or Apple Music:

- 'Boogie, Woogie, Bugle Boy' - Andrew Sisters
- 'We'll Meet Again' - Vera Lynn
- 'Lili Marlene' - Marlene Dietrich