

## Keeping Brain Fit At Home

Our Groups: *Pick and Mix, The Giggly Group, Young at Hearts, The Urchins, Passmore Pals, Happy People, Us Lot and Freya's Friends.*

This week our topic is: **CELEBRATIONS**



On Friday 8th May 2020, we celebrated the 7th anniversary of VE Day (Victory in Europe). This was the day when the sound of air raid sirens was replaced with the sound of people rejoicing as many took to the streets to sing and dance in jubilation.

- We wonder what events you and your families have celebrated over the years?
- What do you think are the key ingredients for a great party?
- If you were in charge of the music, which singers and songs would be top of your playlist?

Some of the recipes from the VE Day parties included:

- Beef dripping sandwiches
- Spam sandwiches
- Wartime scones (using carrots!)
- Eggless sponge cakes

These recipes don't sound very appetising to us but after years of rationing, they probably created a banquet!

- What types of food and drink would you serve if you were hosting a party today?

Here at Memory Matters, we have been thinking about some of the events we have celebrated throughout our lives:

**Annie** was filled with pride when she attended her eldest son's graduation ceremony at Southampton Guildhall and thoroughly enjoyed the day which included a slap-up meal in the evening.

**Laura** spent seven years living in Cyprus. She loved how the Cypriot culture celebrates with gusto. Most weddings have hundreds of guests and Easter is bigger than Christmas. The whole Island stops on Easter Sunday to have a barbecue with friends.

**Lynn** enjoyed travelling to New Zealand for a month and then coming back on her own and staying in Singapore for one night to then catch the connecting flight home ... she set 3 alarms to make sure she got to the airport on time! Good times.

**Kate's** best party ever was her wedding. Her family came from all over the world, including South Africa and New Zealand. She got married in St Ives overlooking the ocean and her family also came from all over the UK. Dame Judy Dench, Dame Maggie Smith and Charles Dance were at the hotel during the party as they were filming nearby!

**Sophie** has happy memories of celebrating the Queen's Silver Jubilee in 1977. There was a village carnival, a street party, and she waved to the Queen when she visited Cornwall that year.

Weddings are wonderful events, a day when friend and family get together and celebrate the love of a couple, wishing them health and happiness in their future. Many brides follow this traditional rhyme that details what to wear for good luck:

**“Something old, something new, something borrowed, something blue.”**



- Are there any traditions that you like to see a bride or groom follow on their wedding day?
- If you got married, how was the day for you?
- Is there a famous or fantasy wedding you would have liked to have attended?

The arrival of a new baby fills parents with much joy and happiness, fathers used to celebrate the occasion by heading off to the pub to “we the baby’s head”.

- If you have any grandchildren, what are the best things about being a grandparent?

Children’s birthday parties used to be held in the home and included “party games” that could take place in a relatively small space. We remember playing:

Pin the Tail On the Donkey, Pass the Parcel and Musical Statues.

- We wonder how your family celebrates birthdays?
- What is the best birthday present you have ever given or received?

A lady went into a pet shop.

*“I want a parrot for my little girl,”* she said.

*“Sorry, madam,”* said the shopkeeper.

*“We don’t do swaps!”*

### Photo Archive:



Clare and Rosemary enjoying reminiscing about past holidays.