

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: **CHRISTMAS**



As long as we know in our hearts what Christmas ought to be, Christmas is.”
– Eric Sevareid, American Author

Here at Memory Matters we have been talking about some of the traditions our families have enjoyed at Christmas time over the years:

Lynn: Always watching the Queen's speech at 3pm and having a 'real' tree but one year Mum decided she wanted a holly tree... and all the leaves dropped off so she ended up spraying it white!

Clarinda: We used to set off on Christmas Eve to spend time at my Grandparents in St Agnes. We always took our cat with us too. My Dad had to wear his leather driving gloves to man handle her into a zip top bag for the journey! We were allowed to unzip the bag just enough for her to pop her head out once we set off.

Annie: We used to go to a candle-lit nativity service at the village chapel on Christmas Eve which seemed quite magical.

Christmas Bells by Henry Wadsworth Longfellow

I heard the bells on Christmas Day,
Their old, familiar carols play,
and wild and sweet
The words repeat
Of peace on earth and good-will to men.

And thought how, as the day had come,
The belfries of all Christendom
Had rolled along
The unbroken song
Of peace on earth and good-will to men.

Till ringing singing on its way,
The world revolved from night to day,
A voice, a chime,
A chant sublime
Of peace on earth and good-will to men.

Many people have put their Christmas decorations up early this year to cheer themselves up, years ago it used to be Christmas Eve and not before!

- **When do you think is a good time to start decorating the home?**
- **What used to have pride of place at the top of your Christmas tree when you were growing up?**
- **Whose job was it to check the fairy lights were working before you attached them to the tree?**

We used to enjoy making paper chains with strips of coloured paper when we were younger and stringing them up from the corners of the ceiling along with different shaped balloons!

- **Tell us about a favourite Christmas bauble or homemade decoration?**
- **What do you think of all the light displays people have outside their homes today? (We wouldn't like their electricity bill!)**

Children get very excited on Christmas Eve and sometimes think that they can hear sleigh bells in the sky.

- **What would be a good snack to leave out for Father Christmas and his reindeer's to eat?**
- **If you were giving the Queen's speech at 3pm on Christmas Day this year, what would your message be to the nation?**
- **Here is Lynn's Christmas playlist - we wonder how many of these songs sound familiar and you can sing the second line to?**

White Christmas by Bing Crosby – I'm dreaming of a White Christmas...

Let it snow by Dean Martin – Oh the weather outside is frightful but the fire is so delightful...

Good King Wenceslas – Good King Wenceslas looked out...

Merry Xmas Everybody by Slade – So here it is Merry Xmas, everybody's having fun...

The Twelve Days of Christmas – On the first day of Christmas my true love sent to me...

The Christmas Song by Nat King Cole – Chestnuts roasting on an open fire, Jack Frost nipping at your toes...

Christmas Fayre

A silver sixpence used to be hidden in the Christmas pudding mix and every member of the household gave the mix a stir. Whoever found the sixpence in their own piece of pudding on Christmas Day saw it as a sign that they would enjoy wealth and good luck in the year to come.

- We wonder what you look forward to eating over Christmas?
Turkey Roast potatoes Pigs in blankets Brussel Sprouts Mince Pies
Christmas Pudding Brandy Butter Egnog Mulled Wine
- When Christmas lunch was over, who used to do the washing up in the days before dishwashers?!
- How did you used to enjoy spending Christmas afternoons?
Monopoly Charades Watching a Christmas Film on TV
Sing-a-longs Wrap up & go for a walk An afternoon nap

Photo Archive:



We would like to wish you all a Merry Christmas and a Happy New Year.