

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: **ENTERTAINMENT**



Here at Memory Matters we have been talking about our teenage years, what we used to get up to on a weekend and finding out if any of us had a “misspent youth!”

Laura lived close to a campsite and would sneak across the fields in the summer with her friends to join in the evening entertainment. She watched hypnotists, tribute acts and magicians all whilst pretending to be a campsite guest.

Kate was a Venture Scout at 16 & 17 and spent a lot of time rock climbing in the peak district with a whole group of mates every weekend when the weather was nice, they used to just sleep in one of their cars and not go home all weekend.

Clarinda recalls the freedom of spending whole days with her friends away from her parents in local woods by a river. She would take a picnic, her cassette player and spend the whole day probably talking about boys. Their parents never knew that they went in the river (which they forbid them to do for safety reasons).

Sophie lived in a village and enjoyed the freedom of riding her bike to friends who lived on a farm close by. She loved helping bottle feed lambs, riding their horses, building camps in the shed and other dangerous activities.

A trip to the picture was always a treat, the theatre was beautifully decorated and staff wore smart uniforms. If you arrived after the lights had dimmed, you were shown to your seat by an usherette with a torch! There would often be a pre-show and intermission which was a perfect opportunity to buy a Choc Ice.

- What was one of the best films you ever saw?
- What makes a good Hollywood leading man or lady?
- If you were to star in a “blockbuster” what type of film would it be?

An excerpt from Dancing Queens by Johnson & McGregor

We used to dance to music,
Bossa Nova to the big band sound,
Waltz and the Quickstep,
Tan-go-ing all around.

With the Chattanooga Choo Choo,
We were ‘Swingin’ on a Star’,
The Cha Cha Cha and a Foxtrot,
Mambo, Jive and Samba.

With Joe Loss and his orchestra,
We’d dance the night away,
Under the glitter ball revolving,
We’d glide, twirl and sashay,

So misty dancing memories,
Flit through my mind and dreams,
When I hear fifties music,
I remember that dancing scene.



- Where would you go on a Saturday night out in your teens? Do you think this might differ to where teens would go now?
- How would you get home and what would happen if you missed your curfew?
- Which dance or piece of music would be a guaranteed to get you on the dance floor?

Looking good

Teenagers used to get dressed up for dating and couples who were going out together were known as “courting couples”.

Girls used to spend hours bouffanting and spraying their hair and fashions changed from wearing lots of stiff petticoats under dresses to mini skirts and hot pants!

Young men often dressed as Teddy Boys in lock jackets and drainpipe trousers with winkle pickers on their feet. They too paid a lot of attention to their hair, trying to get their quiff just right...

- Describe an outfit that made you feel like “a million dollars!”

TV Catchphrases

TV sets had small screens and programmes were in black & white. There were limited programme times and at the end of the evening the National Anthem was played as programmes closed down. Some family favourites were:

- Dixon of Dock Green
- Emergency Ward Ten
- Juke Box Jury

- We wonder what some of your favourite TV programmes are?
- Do these catchphrases ring any bells?

“You stupid boy!” “Hello playmates” “Bernie, the bolt please!”

“Exterminate, exterminate!” “Nice to see you, to see you nice”

What did the mayonnaise say to the fridge?
Shut the door, I'm dressing!

Photo Archive:



Our group in St Austell enjoying a chat.