

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: **FAVOURITE THINGS**



Which sweets are always left until last in your household?

Here at Memory Matters we have been talking about some of our favourite things:

Annie picked some of her family photographs from years gone by – “flicking through our photo album always raises a smile and that’s not only because of the clothes we were wearing!”

Emma really enjoys cooking for her loved ones and discovering news recipes. She also enjoys going for long coastal walks with her Labradoodle Lily.

Clarinda “Here are a few of my favourite things ... Pizza and a glass of red wine on a Friday night, fresh air, a beach walk on a wild day, Puppies, barbeques on balmy summer’s night.”

My Favourite Things by Rodgers and Hammerstein

*Raindrops on roses and whiskers on kittens
Bright copper kettles and warm woollen mittens
Brown paper packages tied up with strings
These are a few of my favourite things*



*Cream coloured ponies and crisp apple strudels
Doorbells and sleigh bells and schnitzel with noodles
Wild geese that fly with the moon on their wings
These are a few of my favourite things*



*Girls in white dresses with blue satin sashes
Snowflakes that stay on my nose and eyelashes
Silver white winters that melt into springs
These are a few of my favourite things*

*When the dog bites
When the bee stings
When I'm feeling sad
I simply remember my favourite things
And then I don't feel so bad*



Julie Andrews sang this song about all of her “favourite things” to distract the children during a thunderstorm.

- We wonder which descriptions you like the best?
After this freezing February, we would like to choose, “Silver white winters that melt into springs!”
- If you could choose your perfect weather for tomorrow, what would your weather forecast be?
- Some people like storm watching, especially if they are tucked up safely at home. How did you feel about thunderstorms when you were a child?



We are looking forward to the grand re-opening of The Hall For Cornwall later on this year, it is hoped that the first production in the new theatre will be Fisherman's Friends - The Musical. Many people regard a trip to the theatre as a special treat and look forward to seeing a "live" show.

- Would you be more likely to buy a ticket to see Shakespeare, Ballet or a Pantomime?
- We wonder which musicals you would put at the top of your list of favourites?
The Sound Of Music Oklahoma Oliver Grease My Fair Lady
- If you were a famous film star, who would you choose to be your leading lady or leading man?
- You are being whisked away to play a part in a West End Show, which role would you enjoy the most?
Singing a solo Performing a dance routine
Being part of the Chorus Line Backstage Crew Member

We have been asking our groups about some of their favourite music and here are some of their recommendations:

The Blue Danube by Johann Strauss
March (The Nutcracker, Op 71) by Tchaikovsky
Stranger On The Shore by Acker Bilk
Pretty Woman by Roy Orbison
The Loco-motion by Little Eva

"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything" Plato, ancient Greek philosopher

Why not listen to a favourite piece of music and see where it takes you...

Photo Archive:



Sandra and Mick having fun at our Newquay group.