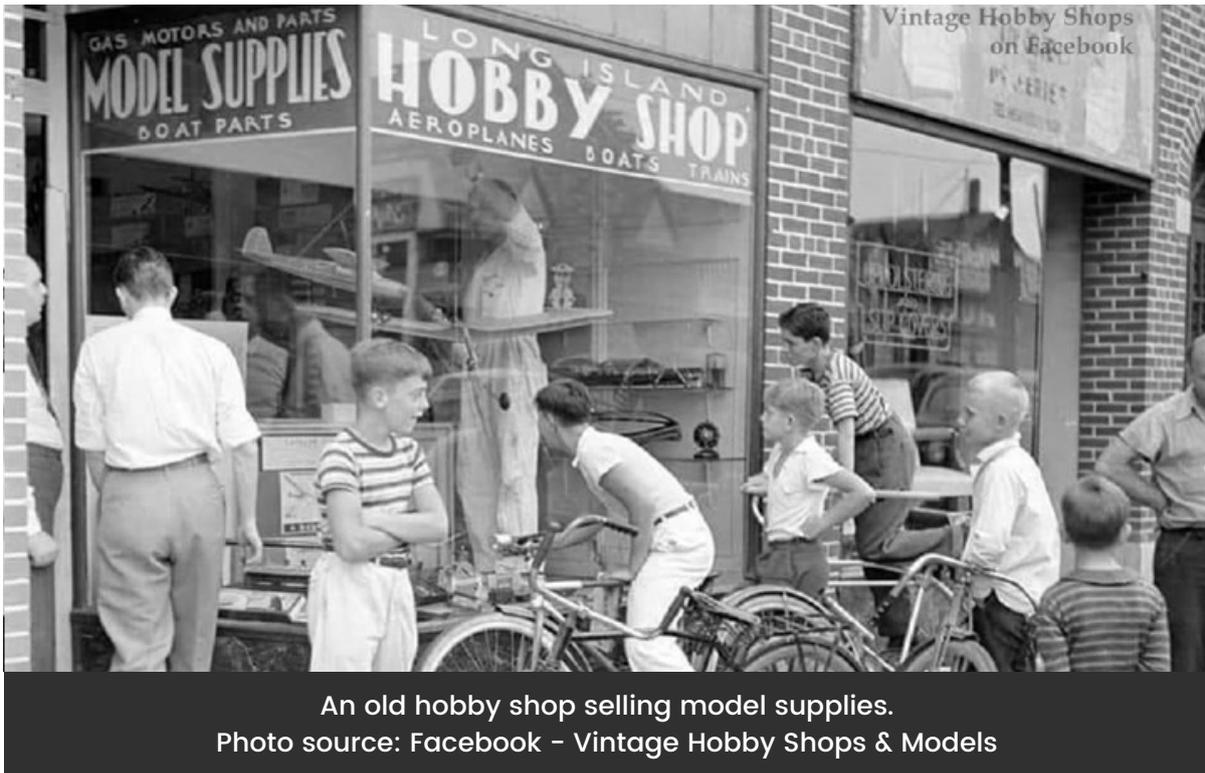


Keeping Brain Fit At Home

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: **HOBBIES**



Here at Memory Matters, we have fond memories of hobbies we have tried in the past – some have been short lived, others have become a lifelong passion.

Annie used to love playing tennis in the summer at her local club, in those days the tennis balls were white and they played on grass courts. *“New balls please!”*

Sophie used to make ‘collections’ of random things like old tins, matchboxes and scented rubbers!

Clarinda is a keen gardener and finds that gardening is good for the mind, body and soul. She inherited her “green fingers” from her Grandad Ernest.

Laura used to love drama, theatre and music. When she was younger she enjoyed treading the boards. *“Don’t put your daughter on the stage Mrs Worthington.”*

- We wonder what hobbies you have enjoyed over the years?
- Annie’s grandad, brothers and nephew have all played for their village cricket team, do you have any hobbies or interests that run in the family?
- Is there a hobby you have always wanted to try?

Many of our group members enjoy singing and belong to choirs around Cornwall. *“It is a proven fact that singing in a chorus is more fun when we are surrounded by friends, belting it out at the top of our lungs.”*

Fifty thousand fans of Liverpool Football Club probably agree as they sing the words of a song by Oscar Hammerstein before every match at Anfield:

You'll Never Walk Alone

Walk on through the wind,
Walk on through the rain,
Though your dreams be tossed and blown.
Walk on, walk on, with hope in your heart,
And you'll never walk alone.
You'll never walk alone.

This number was originally a show tune from the Rodgers and Hammerstein musical carousel, and it is all about the concept of hope.

- Do you have any favourite songs that you find inspirational?
- Nessun Dorma, sung by Luciano Pavarotti was a most popular and moving [theme tune](#) for the italia 1990 football world cup. And Andrea Bocelli recently performed an [online concert](#) at Milan's empty cathedral.

We asked our groups to tell us about places and occasions they had sung at over the years, here are some of their replies:

Sunday School
School Assemblies
Carolling at Christmas time
In the bath!
At football matches

- We wonder if any of these place strike a chord with you?

At this time of year, people start to think about getting busy in the garden. Here is an excerpt from My Garden by Gill Johnson and Marilyn McGregor:

Walking round my garden,
There's nowhere I'd rather be.
Out in the fine, fresh air,
With lots of things to see.

Soft scented flowers facing the sun,
Grown with tender care;
Carpets of scent and colour,
To cut and then share.

I love to be in the garden,
With spade and fork in hand.
To turn the rich brown soil,
And make my mark upon the land.



- Do you enjoy being in the garden and have you any favourite sights and scents? We like the smell of summer roses, sprigs of lavender and bunches of garden mint.
- “I won prizes at the local show for my onions and chrysanthemums.” People used to work hard in their allotments in post-war Britain to feed their families, do you think vegetable gardening will become more popular now we have more time at home?
- If you were to win a prize at a local garden show, what would it be for?

Q: Why do you have to take two pairs of socks to golf?

A: In case you get a hole in one!

Photo Archive:



Denis used to enjoy doing ink drawings when he was a boy, and we think you'll agree that he was very good at it!