

## 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: **LIFELONG LOVES**



“Roses are red, violets are blue, sugar is sweet and so are you.”

Here at Memory Matters we have been talking about all of the things that we love in our lives:

**Clarinda** - Where to start? Top of my list has to be my three daughters. When I think who I openly express my love for it would have to be our family dog ‘Darcy Day’. She not only melts my heart but everyone in our family. In fact 90% of our photographs are of her.

**Annie** - loves returning to her childhood home in Northumberland to revisit “old haunts” and catch up with family & friends - Hadrian’s Wall, Holy Island, Newcastle United - “Howay the lads!”

**Emma** - I am in love with the coast. I always feel at peace when I am near the ocean. There is something so calming about watching the waves ebb and flow.

St Valentine's Day on February 14th is now a billion-dollar industry all over the world.

- We wonder if you have sent or received Valentine's cards over the years?
- Who in all the world or in history would you like to send a red rose to?
- Here are some of the messages that we used to read on Love Heart sweets:

**You're fab**

**Dreamboat**

**Be Mine**

**Sweetheart**

If you were in charge of the slogans, which ones would you write on the sweets?

### **I Still Haven't Given Up Hope by Pam Ayres**

I still haven't given up hope you know,  
I still await the day,  
When my true, romantic hero  
comes to carry me away,  
Well I've been married thirty years,  
some people find that long,  
But my husband's just a stop gap  
till the real one comes along.

Then like Lawrence of Arabia  
across the burning sand,  
I see him ride towards me  
and I take his outstretched hand,  
I see his pearly teeth,  
the flash of sunlight on enamel,  
And if love cannot sustain us,  
we shall have to eat the camel!

- Do you think that Pam Ayres and Lawrence of Arabia sound like a perfect match?
- What would you say are two of your best qualities?
- What qualities do you appreciate in other people?
- We wonder if you can add the second name to our famous couples ...

**Romeo and ...**

**Samson and ...**

**Bonnie and ...**

**Fred Astaire and ...**

**Robin Hood and ...**

**Queen Victoria and ...**

### **Pet Love**

Having a pet is every child's dream, they eagerly promise to look after them every day, though more often than not it falls on mum and dad to do most of the caring! Whatever the pet, they are well loved and become part of the family.

- If you could have any animal as a pet what would you choose?
- What are some of your favourite names for pets?  
Clarinda has a black lab called Darcy and Lynn's cats are called Max and Sox.

## Simple pleasures that we treasure

- The song you want to listen to again and again
  - Looking at family photos
  - Walking on an empty beach (better do it before this summer!)
  - Receiving a letter through the post
  - Gazing at a crackling fire
  - Listening to the dawn chorus
- We wonder which simple pleasures you enjoy?
  - What are you looking forward to the most when we can all get out and about again?

**A nice meal out      Meeting friends for coffee      Shopping on the High Street**

**Joining Memory Matters again      Going to the pub      Singing in a choir**

**Boy:** I think my teacher loves me

**Girl:** How can you tell?

**Boy:** She keeps putting kisses by my sums.

## Photo Archive:



## SPORT AND EXERCISE

Andy and Ian deciding where the football should be in "Spot the Ball". Andy enjoys keeping a journal with the help of his wife Anne. They find it a good way to record events and ideas.