

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: **MUSIC**



This week's article has been written by 3 Occupational Therapy Students, Shona, Sophie and Gabrielle, who some of you may remember from our Zoom sessions back in March.

Here at Memory Matters we have been talking about the kinds of music we each like.

Shona: I really like rock and alternative music. I am a big Beatles fan.

Sophie: I have a varied taste in music, from rock to pop to country, but my favourite music to dance to has to be ABBA.

Gaby: I like a variety of stuff but mainly I listen to popular music from the 2010s, as that reminds me of the songs that played at parties I used to dance the night away to.

An extract from Bill Hayley, 'Rock Around the Clock'

One, two, three o'clock, four o'clock, rock
Five, six, seven o'clock, eight o'clock, rock
Nine, ten, eleven o'clock, twelve o'clock, rock
We're gonna rock around the clock tonight
Put your glad rags on and join me, hon

We'll have some fun when the clock strikes one
We're gonna rock around the clock tonight
We're gonna rock, rock, rock, 'til broad daylight
We're gonna rock, gonna rock, around the clock tonight

- We wonder if you used to "Rock Around The Clock" when you were young - perhaps you still do now?!
- Did you have to be home by a certain time - what happened if you were late?
- Which dances were popular in your heyday?
Jive The Twist Quickstep Line Dancing Disco
We wonder if you used to "trip the light fantastic" or have "two left feet!"
- A-Z of Music: A popular word-warm up game with all our groups is a topic related A-Z, see how many different singers, bands and musical instruments you can think of.
- What is the most obscure instrument you can think of?
Shona came up with O for Ocarina, which is a small round instrument that gives out a whistling sound when blown.



Lots of people dream of being able to play a musical instrument or being in a band.

- Do you have an instrument that you can play or wish you could play?
- If you were in a band would you prefer to be singing the lyrics, playing a riff on the guitar, or beating the drums and cymbals?

The way that music is played has changed over the years. Records and cassettes have given way to CDs and online platforms such as Spotify that people play through their phones.



- How carefully did you look after your LP's and 45 records – how did you stop them from becoming scratched?
- Perhaps you're a fan of live music, would you like to go to Glastonbury pop festival if you were given the chance?
- What would you take in your survival kit?
Wellingtons Tent Torch Waterproofs Earplugs!
- Who is your favourite band or singer of all time?

• **How would you describe the following sounds?**

Scottish pipers blasting their bagpipes
 Children learning to play the recorder
 A Yorkshire Brass Band on parade
 Last night at the Proms
 Welsh Male Voice Choir singing at a Rugby International Game

- Tell us about some of your favourite sounds...
We like the sound of waves lapping on the seashore, birds twittering and chirping their dawn chorus and the joyous sound of babies laughing.
- What can you hear right now?
- What kind of sounds would you hear in the city and on a countryside walk?
- What sounds would you have heard at your workplace?

Q. What do you get when you drop a piano down a mine shaft?

A. Flat Miner!

Photo Archive:



Alma enjoying looking at our vintage newspapers.