

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: **SUMMER**



“It was June and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside.” – Maud Hart Lovelace

Here at Memory Matters we have been discussing some of the things we like best about the season of summer:

Lynn likes to go down to her caravan in Rock where she is able to get to the beach and enjoy the lovely scenery Cornwall has to offer.

Emma loves the ‘low maintenance’ vibe in summer, where she is able to just chuck on a dress and sandals. She enjoys the light evenings and socialising with friends over a glass of wine (or two).

Laura loves the long summer evenings. The best treat is going to the beach with her family after tea.

Annie was a teacher so one of the best things about summer was the school holidays.

- We wonder what things you look forward to when summer is on its way?
- Tell us about some of the “must haves” in your summer wardrobe!
Some of ours are: sunglasses, sandals and cool summer dresses.

Over the past few weeks, we have shared a selection of verses from different poems. This week it is time to shine a light on the creative talents of our group in Bodmin.

A Summer Sensory Poem

*Summer sunshine and people are sunbathing, all shapes and sizes.
The warm air is filled with the scent of newly-mown grass and burning barbecues.
We wake up to tuneful birdsong and later listen for the ice cream van jingle.
Sweet Cornish strawberries go well with clotted cream!
It's good to feel the warm sun on our faces and the sand between our toes.*

- Which summer sensations do you enjoy?

Here are some examples you might like to add to:

Sight - beautiful azure blue skies
Smell - the scent of a perfumed rose
Sound - children playing happily outside
Taste - new potatoes with garden mint
Touch - a warm summer breeze

Songs of Summer

Here at Memory Matters we like listening to:

[Summertime](#) by Ella Fitzgerald and Louis Armstrong

[Summer](#) from Vivaldi's Four Seasons

[Summertime Blues](#) by Eddie Cochran

[We're All Going on a Summer Holiday](#) by Cliff Richard (for Pam!)

- What type of music do you like listening to on a lazy summer's day?

Summer Weather Folklore

The weather is always a popular topic of conversation in this country! You may be familiar with some of these sayings:

“Ash before oak the summer is all a soak, oak before ash the summer is but a splash”
-If the ash tree shows buds before the oak tree then the summer will be a washout

“Red sky at night shepherd's delight, red sky in the morning shepherd's warning”
- A red sky at night results from the setting sun in the west scattering off clouds that are moving away to the east.

“Seagull, seagull sit on the sand. It's never good weather when you're on land”
- If the weather takes a turn for the worse seagulls will retreat inland to avoid blustery winds.

- Some people feel happier when the sun shines, how do you think the weather influences your mood?
- The summer of 1976 was a red hot summer and hose pipe bans were in place.
 - What top tips have you got for keeping cool?
 - How do you feel about another sizzling summer this year?
- Ice-creams and ice-lollies are special summer treats, which of these tickle your taste buds?

Choc ice

Strawberry Mivvi

99

Knickerbocker Glory

Summer Fêtes

Summer fêtes are a popular feature of village life in Britain; they are usually held on the village green and run by a local committee of volunteers.

- What type of stalls would tempt you to part with your money?
We like coconut shies,, the tombola and the cake stall of course.
- Which of the following (if any!) would you volunteer for?
 - Taking part in the tug-of-war contest
 - Judging the family pet show
 - Baking a sponge for the cake stall
 - Opening the fête as the local VIP!

What did one crisp say to the other?

- Want to go for a dip?

Photo Archive:



Mary and Lynn enjoying an art session at Bodmin.