

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: **THE MOON AND THE STARS**



Here at Memory Matters we have been talking about things to do with space:

Annie enjoyed watching Dr Who with her older brothers when she was growing up. She used to hide behind a cushion when the Daleks put in an appearance! *"We will exterminate you" was one of their favourite phrases.*

Laura loves watching Brian Cox documentaries. *"He has a gift for explaining something so complex and awe inspiring. The trouble is within an hour of watching it, I couldn't even begin to explain what I'd just learnt!"*

Clarinda recalls the Girl Guide camps when gathered around the campfire. We would be told about the Stars. The only one I could identify was the Saucepan (Plough). Early one morning last week I saw a beautiful sight – the sun rising with the New Moon still out just above it and a very bright Satellite beside them.

Daisies by Frank Dempster Sherman

At evening when I go to bed
I see the stars shine overhead;
They are the little daisies white
That dot the meadow of the night.

And often while I'm dreaming so,
Across the sky the Moon will go;
It is a lady, sweet and fair,
Who comes to gather daisies there.

For, when at morning I arise,
There's not a star left in the skies;
She's picked them all and dropped them down
Into the meadows of the town.

We like the way the poet describes the stars as “daisies in the meadow of the night”.

- Do you like looking at the night sky and where would you go to look at the stars? The UK has four of the International Dark Sky Reserves, the nearest one being Exmoor National Park.
- What sort of weather is best for stargazing?
- If you had the chance to travel in space, which planet would you like to visit?
- What home comforts do you think that you would miss the most whilst you were away from earth?!



“That’s one small step for man, one giant leap for mankind.”

– Neil Armstrong (American astronaut) as he stepped onto the moon in 1969.

- Did your family gather around the television set to watch the first landing on the moon?
- What do you think it takes to be a good astronaut?
Ability to work in a small space, have an adventurous nature and like travelling at speed!
- **Moonlight sonata:**
How many of these songs can you sing the second line to?
 - *By the light of the silvery moon....*
 - *Moon River wider than a mile....*
 - *Fly me to the moon, let me play among the stars....*
 - *Let’s go for a little walk under the moon of love....*
 - *Blue Moon you saw me standing there....*
 - *Catch a falling star and put it in your pocket....*

It's written in the stars!

People like to look at their horoscopes in different papers and magazines to read their daily predictions. If your birthday is in October, your star sign could be Libra, the Scales or Scorpio, the Scorpion. Our book says that Libras can be diplomatic, thoughtful and sociable whilst Scorpios tend to be strong leaders, energetic and self-controlled.

- How well does this describe someone you know who has a birthday in October?
- What do you think of astrology?
Russell Grant and Mystic Meg made a good living from reading peoples' stars on TV!
- Lots of people enjoy watching science fiction programmes and films, here are a few that you might have enjoyed watching:

Star Wars Star Trek Dr Who ET The Blob Flash Gordon

Thinking about the future

Some of our beneficiaries have been asking when we will be running face to face groups again. The Cornwall Team is continually assessing the risks to both beneficiaries and staff and in the light of the second wave of Covid-19 and the winter months ahead, we are unable to give you a possible start date at this time. We will continue with our online sessions which are proving to be popular and a good way to keep in touch with one another.

Q. When do astronauts eat?

A. At launch time.

Photo Archive:



Jean wondering about a famous persons fashion sense!