

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: **WINTER**



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

Sophie - I like winter days that feel like Winter. When the mornings are frosty and the sky is clear, and the wild birds are busy in the garden looking for food. I even enjoy dressing up to keep warm and wearing wooly gloves and a hat rather than a raincoat!

Clarinda - I love a cold frosty day too; it has a healthy feel to it. There's nothing quite like a brisk walk on a frosty morning to put the colour in your cheeks. I recall my Mum telling my brother and I to hurry up and get into bed or Jack Frost would pinch our toes!

An excerpt from “Winter” by Johnson and McGregor

Do you remember waking up when snow had fallen in the night?
How quiet it was outside the house when the world turned wintry white.
Do you remember how light it was before pushing the curtains back?
And seeing icy fern pictures – Jack Frost’s filigree track.

Do you remember the fun we had, making slides across the path?
Sledges made from old tin trays – how it made us laugh.
Do you remember how the road looked, the houses swathed in snow?
Trees with sugary frosting, lights in the window all a-glow.

Do you remember the hard winters, 1947 and ‘63 I suppose?
When it was so very cold, parts of the River Thames froze.
How do you remember winter – cold and damp and grey,
Or soft with falling snowflakes making a splendid winter’s day?

- We wonder if any of these descriptions about Winter strike a chord with you?
- What games did you used to play in the snow – were you ever told off for throwing snowballs?
- Did you have a homemade toboggan to whizz down the hills on?

Lots of people like to eat comfort food during the winter months, which of the following would you include in your winter menu?

Porridge Full English Breakfast Leek and Potato Soup
Beef Stew and Dumplings Vegetable Curry Rice Pudding
Treacle Sponge & Custard Hot Chocolate A Hot Toddy!

- Any favorites of yours that you would like to add?

Houses and Home often didn’t have the luxury of central heating years ago!

- How did you used to keep warm during the winter months?

Hot Water Bottle Electric Blanket Thermal Vests Flannelette Sheets

- How many rooms were heated in your childhood home?
- If you had an open fire, who used to clean out the ashes?

Top tips for staying warm and well this Winter

- Keep warm and set your heating correctly
- Have regular hot meals and hot drinks
- Insulate and draught proof your home
- Stay active and keep moving
- Wrap up warm

What am I?

See if you can guess the answer using the following clues – the answers are at the bottom of the page.

Item 1

I am full of holes

I am toasted

I taste better with butter on me

Item 2

I am named after a general

I am made of rubber

I am worn on the feet

Item 3

I am made of glass

Birds sometimes peck at my top

I used to stand on everyone's doorstep

Photo Archive:



Val and Joce deep in conversation at our
St. Austell group.

Item 1 – Crumpet Item 2 – Wellington Boot Item 3 – Milk Bottle