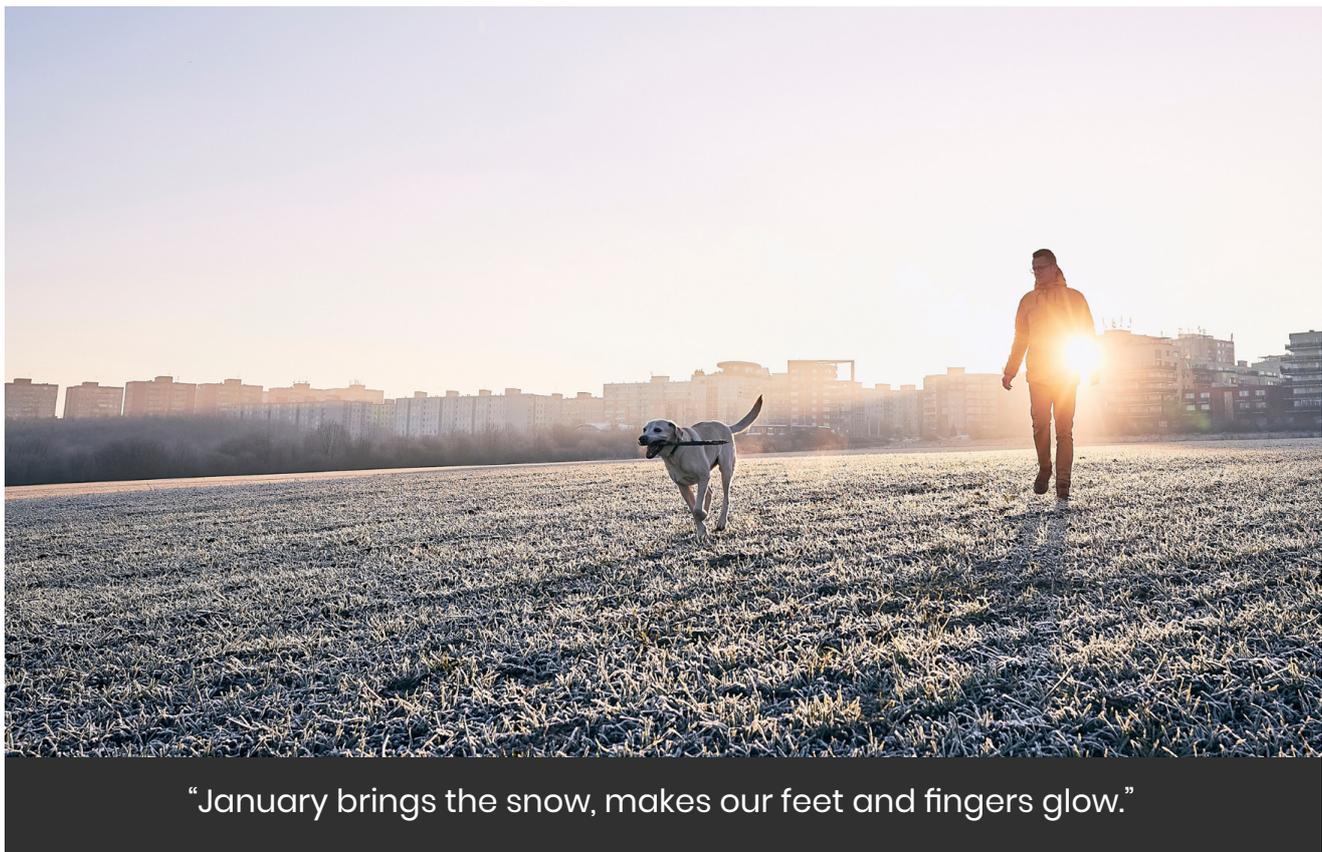


## Keeping Brain Fit At Home

*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: **A NEW YEAR**



“January brings the snow, makes our feet and fingers glow.”

Here at Memory Matters we have been talking about celebrating past New Years and looking forward to this New Year of 2021:

**Annie** remembers her grandad upholding the “first footing” tradition - after the village clock chimed midnight on New Year’s Eve, he would knock on the front door carrying a symbolic piece of coal (for warmth) and a silver coin (for financial prosperity) and wish everyone a Happy New Year!

**Lynn** “I always remember my Dad making it his mission to go to the Royal Oak in Lostwithiel to take his yearly New Years Eve photographs of all the people dressed up for fancy dress.... wonder where all the pictures are?....I’ll have to have a look.....”

**Clarinda** “I’m excited about this New Year! In May I’m going to be a ‘Granny’ !!”

- We wonder how you and your family have welcomed the New Year in, over the years?
- It wouldn't be a New Year's Eve party without everyone crossing their arms and linking hands to sing **Auld Lang Syne**.
- Why do you think so many people like to celebrate the arrival of a New Year? We like Del Boy's outlook, "This time next year Rodney - we'll be millionaires!"

### The Month After Christmas

'Twas the month after Christmas and all through the house  
 Nothing would fit me, not even a blouse.  
 The cookies I'd nibbled, the eggnog I'd taste  
 All through December had gone to my waist!  
 When I got on the scales there arose such a number  
 When I walked to the store (less a walk than a lumber)

So away with the last of the sour cream dip,  
 Get rid of the fruit cake, every cracker and chip  
 Every last bit of food that I like must be banished  
 'Til all the additional ounces have vanished.  
 I won't have a cookie - not even a lick  
 I'll want to chew only on a long celery stick.

I won't have hot biscuits, or cream cakes or pie,  
 I'll munch on a carrot and quietly cry.  
 I'm hungry, I'm lonesome, and life is a bore -  
 But isn't that what January is for?  
 Unable to giggle, no longer a riot.  
 Happy New Year to all and to all a good diet!

### New Year's Resolutions

Many people think that the New Year is a good time to make changes, about half the population in the United Kingdom make New Year's Resolutions but only 8% of people keep to them!

Here are some popular ones:

**Eat healthy food**

**Exercise more**

**Drink less alcohol**

**Try a new hobby**

**Lose weight**

**Stop smoking**

- We wonder how successful you have been with any of your New Year's Resolutions?
- What sort of tips can you think of to help people achieve their goals?
- We think it helps if the goals are realistic so Annie probably won't make it as a professional golfer in 2021!
- Tell us about something special that you would like to do this year.

