

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: **AUTUMN**



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

Clarinda loves Autumn walks. The cooler air, the crunch beneath your feet of leaves, acorns and beechnuts. Autumn brings the most spectacular golden sunsets – I always message my family to say “have you seen the sunset tonight!?” yes Mum.

Lynn “I love the different feeling in the air and the crisper mornings. Also the changing colours of the leaves on the trees”.

Annie enjoys going blackberry picking and then baking a tasty blackberry and apple crumble.

- We wonder what things you look forward to when autumn is on its way?
- Which TV programmes do you like to watch in the evenings when the nights start to draw in?

Strictly Come Dancing Last night Of The Proms The Great British Bake Off Top Gear

An excerpt from *Shades of Autumn* by Johnson & McGregor

Golden trees, orange and red,
Hedgehogs scurry over a damp leaf bed.
Ripe brown conkers all a-shine,
Hips in hedges, blackberries entwine.
Dew on grass, birds on the wing
Cobwebs tie plants with fine white string.

Cold chill of winter hints in the air,
Ripening of apple and golden pear.
Moisty mushrooms in earthy bed,
The mud on boots after walker's tread.
The wheat in the field when it's cut,
Plums and damsons, a purple glut.



- Autumn is a season of great beauty, what are some of your favourite autumn colours?
*We remember searching in our gardens and the countryside for lovely examples of autumn to put on our "nature table" at Primary School - rosehips and chrysanthemums added to the rich tapestry of colour.
The poet describes going for a walk, children love walking in the woods and stepping on the autumn leaves to hear them crunch and crackle!*
- What sounds do you associate with autumn?
We like to hear the rustling leaves on the trees and the call of the birds as they prepare to fly south.
- Tell us about some of your favourite places to go for a walk?
- If you were going for a hike, what items would you pack in your rucksack?
Kendal Mint Cake **Thermos of Coffee** **Map and Compass**

Lots of children know where the best Horse Chestnut trees are, which is quite important at this time of year...

- Who did you used to play conkers with and if you used to win - did you have a special method for making your conker a champion?
We have been told that people used to soak them in vinegar or bake conkers in the oven to make them stronger!

We asked some of our groups what autumn meant to them? Here are some of their replies:

- **Falling Leaves**
 - **Mushrooming**
 - **Sweeping Leaves**
 - **Conkers**
 - **Squirrels gathering nuts**
 - **Putting the heating on!**
 - **Warmer clothing**
 - **Spiders**
 - **Log fires**
- We wonder if you have any autumn words or phrases that you would like to add to our list?
 - What was your favourite hot pudding and were you allowed to have “seconds?”
Jam Roly Poly **Bread and Butter Pudding** **Treacle Sponge**

Autumn Music

Here at Memory Matters we like listening to:

- **Autumn Leaves by Nat King Cole**
- **Autumn from Vivaldi's Four Seasons**
- **Stormy Weather by Lena Horne**

Photo Archive:



One of our Newquay groups being creative with Autumn leaves.