

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: **FASHION**



Dressing up in your Sunday Best!
Photo source: 1950's Church Dresses - clbxg.com

This week's activity sheet has been written by three Occupational Therapy students from Plymouth University; Gabrielle, Shona and Sophie who some of you may remember from our zoom sessions back in March.

Here at Memory Matters, we have been talking about fashion and some of the favourite things that we have in our wardrobes:

Gabrielle picked her favourite summer dress - "dressing well always makes me feel confident, especially in the summer when the sun is shining and everything just feels happy!"

Sophie picked a pair of trousers she took when travelling - "these trousers served me well during my many walks on foreign trips sightseeing!"

Shona picked her favourite t-shirt of her favourite 90's band - "I thrifted this t-shirt of oasis..."

- Tell us about some favourite pieces of clothing that you have had in your wardrobe over years gone by.
- We are interested to know what the fashion trends were when you were a teenager?
- Did anyone ever say to you, “You’re not going out dressed like that?!”

Diamonds are a girl’s best friend sung by Marilyn Monroe

....
 A kiss on the hand
 May be quite continental,
 But diamonds are a girl’s best friend.

....
 Time rolls on,
 And youth is gone,
 And you can’t straighten up when you bend.
 But stiff back
 Or stiff knees,
 You stand straight at Tiffany’s.
 Diamonds! Diamonds!
 I don’t mean rhinestones!
 But diamonds are a girl’s best friend.

Locketts, signet rings and watches used to be popular gifts to mark a special occasion. Annie was given a lovely pearl ring for her 30th wedding anniversary, there was a mad panic when she thought that she had lost it and great relief when it was discovered behind a chest of drawers!

- Do you have a favourite piece of jewellery which has sentimental value? We’re not sure if we would choose diamonds as our best friend!
- We wonder what you and your “best friend” got up to in your spare time?
- Why do you think that dogs are often described as man’s best friend?
- A-Z of items of clothing: A popular word-warm up game with all our groups is a topic related A -Z, see how many different items of clothing that you can think of...

We don’t think that this lady will have any trouble thinking of an item of clothing for the letter W... or N...

“When I get married I want to wear a plain silk wedding dress with a mother of pearl necklace”

- If you could travel back in time, which decade would you like to be a “follower of fashion” in?

20’s – Flapper style beaded dresses with feather accessories, wide brimmed Fedoras & two tone Oxford shoes.

50’s – Cinch – waisted dresses with full skirts, sweater sets, and motorcycle leather jackets.

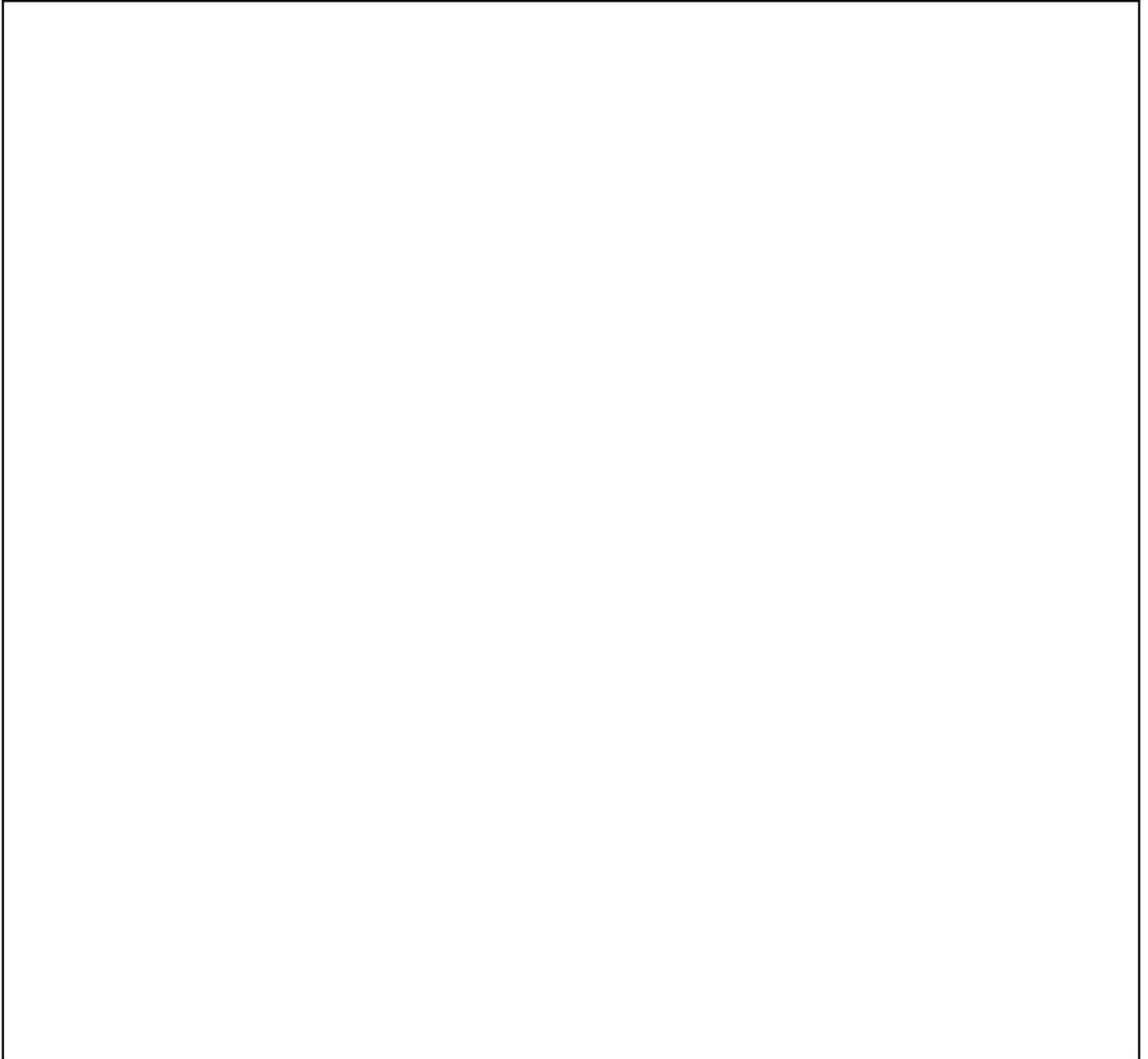
60’s – Mini skirts, white go-go boots, colourful floral shirts and Chelsea boots worn by The Mods.

70’s – Maxi skirts, hotpants, platform shoes and bell-bottomed trousers.

- Tell us about any fashion disasters you have had over the years...
We're not sure whether the broad shouldered power suits of the eighties with their massive shoulder pads was such a good look!

During lockdown, some people have been staying in their pajamas all day because there isn't much to do outside of the house!

- We wonder what your dream outfit would look like, and where you would wear it?
- If you're feeling creative, sketch a design for us in the space below.



- How many of these “clothes sayings” sound familiar?
 - You're too big for your boots
 - She wears her heart on her sleeve
 - Why don't you put a sock in it?
 - You can't make a silk purse out of a sow's ear
 - Are you going to throw your hat into the ring?
 - All dressed up like a dog's dinner

Here is a joke that Hazel shared with our St Austell group:

Why must you always take two pairs of shoes when you play golf?
In case you get a hole in one!

Thank you Hazel!

Photo Archive:



Hazel enjoying a visit from the Cornwall Fire Service to our St. Austell group in November 2019.