

## 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: **FUN AND LAUGHTER**



**“A smile is a curve that sets everything straight”**  
– Phyllis Diller

Here at Memory Matters we have been talking about things that make us smile:

**Annie** remembers the family gathering around the television set to watch the Morecambe and Wise Christmas Show – a favourite moment was when Eric told Andre Previn that he was “playing all the right notes but not necessarily in the right order!”

**Clarinda** recharges her batteries every year when she goes away with her school friends for a long weekend. They laugh so much about what they used to get up to.

**Emma** enjoys spending time at the beach with her beloved dog, Lily. Emma loves spending time outdoors and she likes discovering new places she's never been before.

- We wonder which TV programmes used to make you laugh?

**Dad's Army    Are You Being Served?    The Morecambe and Wise Show**

- Lots of children used to play “Knock, Knock, Ginger”, where they knocked on someone’s front door and then ran away – much to the annoyance of their neighbours!
- Did you and your friends like to play jokes on each other when you were growing up?
- How do you feel about practical jokes now?
- Who in your family would you describe as “the life and soul of the party?”
- What would be your “Party Trick” if you were asked to do one?

### **Plughole Serenade by Pam Ayres**

Would you care to come sailing with me love,  
 For the wind couldn't puff out a candle.  
 We'll drag the tin bath up the old garden path  
 And you have the end with the handle!

- Pam Ayres has had a successful career writing and performing her humorous verse.

Which comedians have tickled your funny bone over the years?

**Laurel and Hardy    Tommy Cooper    Lucille Ball    Norman Wisdom**

### **Laughter is the best medicine**

There is a lot of truth in this saying – laughter relaxes the whole body, relieving tension and stress. It has been shown that following a good laugh, muscles in the body are relaxed for up to 45 minutes afterward. Laughing burns calories and is sometimes referred to as “inner jogging!”

### **Here are some simple pleasures that make us smile:**

- Watching a favourite film
- Joining in a sing-a-long
- Enjoying a walk in the fresh air
- Seeing children playing happily
- Hearing from family and friends

- Can you add some of your own simple pleasures to our list?

### **Have you read?**

- Outfit for the Count by I.C Stars
- Cliff Top Rescue by Justin Time
- Your Turn to Wash Up by Y. Mee
- Broken Windows by E. Dunnett
- Off to the Dentist by U. First
- Lions on the Loose by Luke Out

## Comedy Songs from years gone by:

- “Right” said Fred, “Both of us together, one each end and steady as we go”  
Tried to shift it, couldn’t even lift it, we was getting nowhere  
And so we had a cup of tea and  
“Right” said Fred “Give a shout for Charlie, up comes Charlie from the floor below  
After straining, heaving and complaining, we was getting nowhere  
And so we had a cup of tea...
- We wonder if any of the following songs sounds familiar?
  - There was an old lady who swallowed a fly...
  - There’s a hole in my bucket, dear Liza, dear Liza...
  - Three wheels on my wagon and I’m still rolling along...

We used to like listening to these songs when they were played on the radio - usually on a programme called **Junior Choice**.

- What type of music do you like listening to, to lift your spirits?

**Country   Jazz   Big Band   Easy Listening   Classical**

## Doctor, doctor, I keep thinking I’m a spoon.

- Well, sit there and don’t stir.

## Photo Archive:



Joan and Jan getting to grips with the hand jive at Wadebridge.