

## 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: **HOLIDAYS**



In the fifties, many family summer holidays were taken on the British coast as people flocked to our traditional seaside resorts for their annual vacation. The sandcastles, amusement arcades, picnics on the beach with sandy sandwiches and warm fizzy pop were all part of the experience!

- What sort of activities did you enjoy at the seaside?  
*Some of our favourites were building sandcastles, donkey rides, wave jumping and rock pooling.*
- If you were making up a perfect picnic hamper, which foods would you be sure to include?
- “End of pier” variety shows were very popular. If you were in the audience, who would you like to see topping the bill?

Here at MM we have been reliving some of our family holiday highlights:

**Laura** usually enjoyed the endless school holidays at home in Cornwall. They always had family visitors coming to stay to enjoy Cornwall and all the children would camp in the garden in tents whilst the adults had the luxury of their bedrooms. We loved it!

**Clarinda's** childhood family holidays were always spent at her grandparents home in St Agnes. Sometimes her cousins would come and stay as well. She has such happy memories of being at the beach. Her Granny would arrive at lunchtime with hot pasties that she'd made; they were in greaseproof bags wrapped in tea towels and of course, it was always warm and sunny!

**Annie** went to a Butlins Holiday Camp in Filey, North Yorkshire when she was eight years old. She enjoyed all the activities organised by the "Redcoats" and her Uncle's claim to fame was coming second in a knobbly knees competition!

**Sophie** had several childhood family holidays in the Lake District, and they used to go with family friends. She has happy memories of walking, picnicking by lakes and sitting outside pubs with a fizzy drink and a soggy straw!

### **An excerpt from The Packing Poem by Pam Ayres**

I'm packing for me holiday, I want to take enough,  
Of cotton underclothing, t-shirts, swimwear and stuff.  
I take my own shampoo, conditioner and hair dryer,  
I don't trust those hotel ones not to set your hair on fire!

I take insect repellent, both the lotion and the spray,  
It makes you smell of creosote but it keeps the bugs away!  
You only get one skin and I shall take good care of mine,  
By packing all this sun protection - factor ninety nine!

Cotton dresses: sleeved, sleeveless, spotted, plain and checked,  
I'll take a few of each and then at least I'll be correct.  
Trousers light and dark with an elasticated band,  
So I can eat too much, sit back and let it all expand!



- Does this sound familiar?!  
“Sitting on top of the suitcase to push the lid down often worked!”
- We wonder what items would be on your list of “holiday essentials?”
- Is there a type of holiday you have always wanted to try?  
*E.g luxury cruise, camping or a narrowboat on the Norfolk Broads?*
- Who did you write postcards to back home saying “wish you were here?”
- It sounds as if many families will be holidaying in the UK this summer, if you were asked to recommend a great holiday location, where would it be?

### What’s in the suitcase?

See if you can guess what’s in the suitcase using the following clues (you can find the answers at the bottom of the page).

#### Item 1

- I have many pages
- Inside me is a picture of you
- You need me when crossing borders

#### Item 2

- I am most useful at night
- I stop flying insects from biting you
- I am a white mesh hung over your head

#### Item 3

- I was invented in 1892
- I am useful for picnics
- I keep things hot or cold

### A - Z of places to go on holiday

A popular word warm up with all our groups is a topic related A - Z.

- See how many wonderful places you can suggest as holiday destinations...
- If you could take a trip of a lifetime, where in the world would you go?

### What did the ocean say when it sees the shore?

*Nothing, it just waves.*

### What’s in the suitcase answers?

1. Passport
2. Mosquito Net
3. Thermos Flask

### Photo Archive:



Dorothy enjoying a joke with “Freya’s Friends” at Wadebridge.