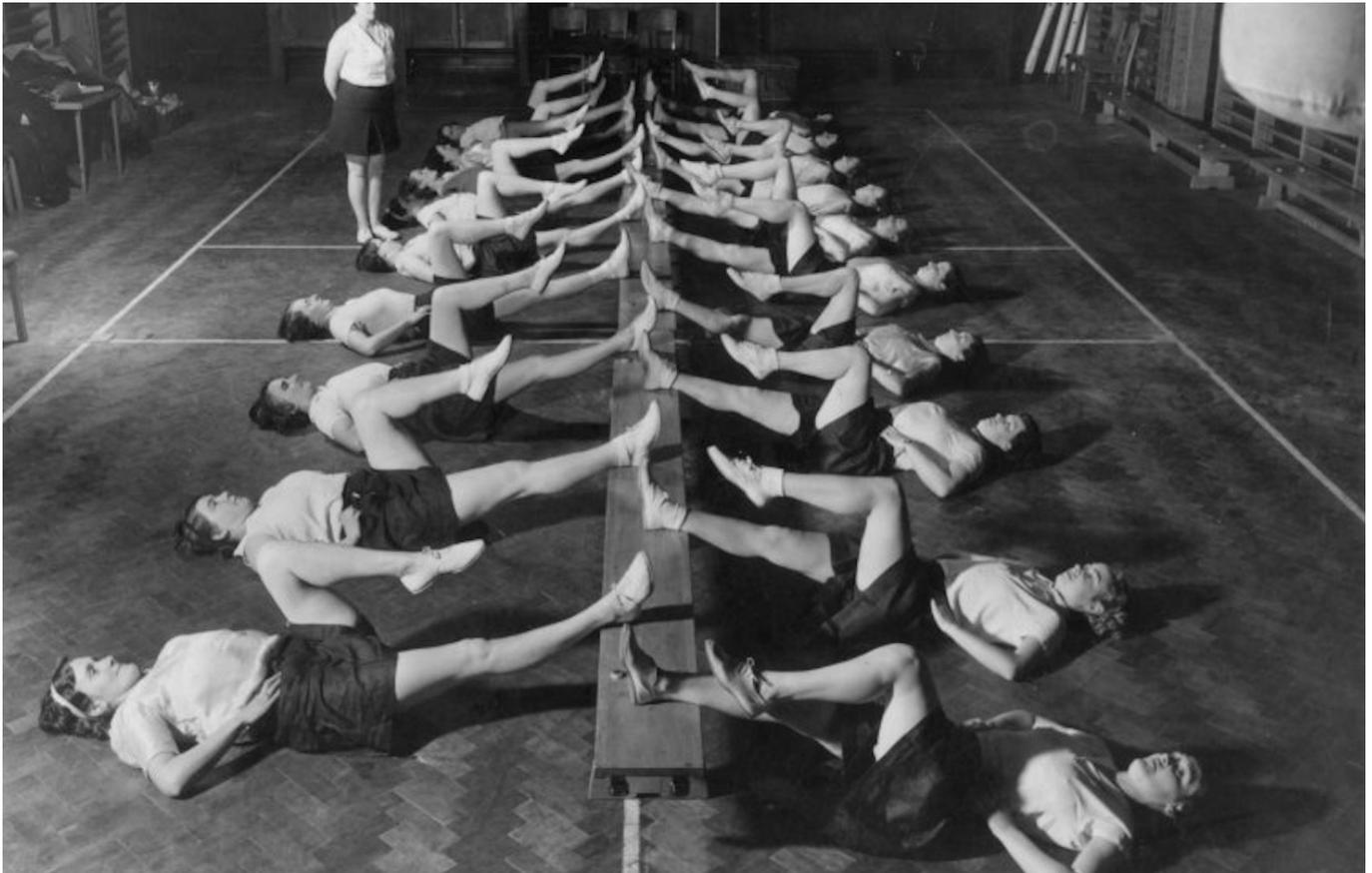


Keeping Brain Fit At Home

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: **KEEPING WELL**



No matter how slow you go, you are still lapping everyone on the couch!
Photo Source: Photo Detective

Here at Memory Matters we have been talking about all the different things we like to do to stay fit and well.

Clarinda enjoys circular walks with her beloved dog 'Darcy Day'. She keeps her fit! Most are easy to moderate, taking in moorland, woodland and the coast. Each one varies so much from the previous one. Clarinda plans to walk The Saints Way (not in one day!) soon.

Annie enjoys playing golf a couple of times a week at St Enodoc – it is a beautiful course so even if she's not playing well – it is still a great walk with fantastic views of the Camel Estuary!

Emma likes to go surfing with her boyfriend, James. She holds on to his leash as he paddles out to sea, because she doesn't have much upper body strength!

Eat Well

The MIND Diet includes vegetables, nuts, berries, beans, whole grains, seafood, poultry, olive oil & wine (in moderation!)

- How many different types of fruit and veg can you name?
- What food would you choose to have as a special treat?
- When you were growing up, were you told to eat any of these “because they were good for you?”

Liver Prunes Porridge “Greens” Rosehip Syrup Castor Oil

- We wonder what items would have been in your family medicine box?
We remember Calamine Lotion, Milk of Magnesia and Andrews Liver Salts.

Move More

Exercise is good for your physical health but can also improve your mood and lift your spirits.

- What sort of activities could you do around the home to be more active?

Walking Gardening Housework

- We wonder how you used to keep fit when you were younger?
- Did you like to play team games or prefer to “get away from it all” on your own?



Sleep Soundly

A survey asked people what sounds helped them to get to sleep, among the top answers were:

Calming Waves Trickling Rain Thunder and Lightning
Birdsong Whistling Wind

- Which of these sounds do you find relaxing, can you add any more of your own to the list?
- Would you describe yourself as a **night owl** (sleeping in and staying up late) or a **morning lark** (getting up and going to bed early)?
- Did you ever used to “burn the candle at both ends” in your youth?

Making the Most of Every Day

- How do you like to keep busy during the day?

Socialising Hobbies Reading Puzzles Music

- Describe three things you would include in your “perfect day”.

Old Wives' Tales and Health

We wonder if you have heard any of these Old Wives' Tales?

Sleeping on your back encourages snoring

TRUE - it is far better to sleep on your side

Counting sheep makes you go to sleep

TRUE - anything that is calming can help you get to sleep, and that could include counting sheep.

Eating spicy foods can give you an ulcer

FALSE - although they may irritate one you already have.

Copper bracelets help soothe arthritis

FALSE - although it could be the placebo effect at work in people who report that their pain has lessened when wearing a copper bracelet.

Body Parts

Can you fill in the gaps?

Wet behind the ----

The apple of my ---

Butterflies in your -----

Stand out like a sore -----

Pay through the ----

Use a little ----- grease

Doctor, doctor, I keep thinking I'm a spoon.

Well, sit there and don't stir!

Photo Archive:



Arthur enjoying a visit from the Cornwall Fire Service at Liskeard.