

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: **SPRING**



“The first blooms of spring always make my heart sing.”

Here at Memory Matters we have been chatting about the things we are looking forward to with the arrival of Spring:

Lynn: I love seeing all the crocuses and daffodils starting to flower. I've got some just beginning to grow and showing their lovely colours of purple and yellow.

Annie: Enjoys going for countryside walks in the spring sunshine and seeing the wild flowers in the hedgerows and the lambs gambolling in the fields.

Emma: I love the lighters evenings! I always go for a walk after I finish work, so it's nice that it doesn't get dark until a lot later. I also live in the countryside so it's lovely to see all the baby lambs in the field with their mothers, whilst listening to the birds chirping in trees nearby.

An excerpt from “Spring” by Johnson and McGregor

Spring

Softly, sweetly spring is here,
What colours may we see this year?

White snowdrops braving winter’s freeze,
Golden daffodils sway in the breeze,
Blue grape hyacinths, what a sight,
Crocuses purple, yellow and white.
Emerald and lime green buds so new,
Frothy pink blossom, pastel hue.

Softly, sweetly spring is here,
What weather may we see this year?

March winds roaring all around,
April rain patters fertile ground,
May warmth, flowers peeping through,
Clear June mornings, sparkling dew.
Sunshine and rainbows, bluer skies,
Softer nights – hints of summer sighs.

Softly, sweetly spring is here,
What delights may we see this year?

- We wonder if you have seen many signs of spring in your garden or out and about on a walk?

Buds bursting on the trees

A host of golden daffodils

Long legged lambs in the fields

Birds collecting twigs for nest building

- Is there a particular bird song that you enjoy hearing in the spring?
One of Sophie’s favourites is the sound of the skylarks singing in the springtime.
- Spring is a busy time of year for gardeners, how do you like to spend your time in the garden?
Annie’s grandad had a beautiful garden filled with delicate perfumed roses which were his pride and joy.
- A - Z of flowers
A popular word warm up with all our groups is a topic related A - Z. See how many different flowers you can think of ...

We don’t think that this lady will have any trouble thinking of a flower for the letter L ... **“I got married in the spring – a lovely time for flowers. I had a Lily of the Valley in my boquet, it smelled wonderful!”**

- During lockdown, people have been digging up their back lawns and turning them into vegetable plots!

What would you have in the garden of your dreams?

A spectacular water feature Perfect lawns Prize winning vegetable patch

Spring Cleaning is a major event in households at this time of year.

- Which of the following chores sound familiar to you?
 - Washing down paintwork and walls
 - Changing winter curtains for lighter summer ones
 - Washing net curtains
 - Swapping flannelette sheets for cotton ones
 - Hanging out of the windows to clean them using newspaper & vinegar!
 - Cleaning carpets with a Ewbank sweeper

Here are some popular household cleaning products from years gone by:

Vim

Ajax

Windolene

Pledge

Omo

Lavender furniture polish

A bar of green fairy soap for collars and cuffs

- Which of these cleaning products would you use to make your home sparkle?
- How did you make sure that young children were safe around the home - have you any top tips for “childproofing” your house?!
- If we were working as a team, which household chores would you choose to do? We’re guessing that this lady wouldn’t be choosing the dusting!

“My Mum used to give me the job of dusting once a week, which included cleaning out the ashtrays. I hated it so much I have never smoked!”

- How well do you think youngsters today would manage without all their labour saving devices?

Twin tubs

Mangles

Tongs

Coal fires

Polishing silver

Beating rugs

Washing doorsteps

We think they’d be in for a bit of a shock!

What kind of flower grows on your face?

Tulips!

Photo Archive:



John and Martin enjoying being part of the St. Austell group.