

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: **SOUNDS**



Birdsong is one of the great gifts nature gives to the world. For four months of the year, birds sing their hearts out every morning to give us an incredible dawn chorus.

- Have you seen or heard many birds so far this spring?
- It's lovely to appreciate the sights and sounds in the garden at this time of year, if you are able to get outdoors.

Here at Memory Matters, we have been thinking about some of our favourite sounds:

Sophie: "[Soaring skylarks singing in the sprintime.](#)"

Clarinda: "[The sound of children playing happily in the playground.](#)"

Annie: "[The relaxing sound of waves on the seashore.](#)"

Lynn: "[Rain pattering on the windowpane when you're warm and cosy inside.](#)"

Laura: "[The joyous sound of babies laughing.](#)"

- We wonder what some of your favourite sounds are?
- What can you hear right now?
- What kind of sounds would you hear at the beach, or in the woods?
- What sounds would you have heard in your schools day?
E.g, the school bell, children in the playground, chalk on the blackboard.

Here is an excerpt from The Sound Collector poem by Roger McGough:

The whistling of the kettle
The turning of the lock
The purring of the kitten
The ticking of the clock

The popping of the toaster
The crunching of the flakes
When you spread the marmalade
The scraping noise it makes

The hissing of the frying pan
The ticking of the grill
The bubbling of the bathtub
As it starts to fill.



A Little Beethoven May Be Good for You:

Listening to music can reduce anxiety as well as improve mood and mental alertness. Our groups like to listen to a wide range of music including, Jazz, Classical, Rock & Roll, Heavy Metal, Country and Pop.

- Why not listen to a piece of music to lift your spirits and make you smile?

Here at Memory Matters we like:

[Somewhere Over the Rainbow](#) by Israel Kamakawiwo'ole (or Judy Garland).

[The Sound of Silence](#) by Simon and Garfunkel.

[Peggy Sue](#) by Buddy Holly.

Sing the Second Line:

How many of these songs can you sing the second line to?

"Maybe it's because I'm a Londoner..."

"The sun has got his hat on..."

"Bring me sunshine in your smile..."

"Oh what a beautiful morning..."

"I'm singing in the rain..."

"Zip-a-dee-do-dah..."



Q. How many ears did Captain Kirk have?

A. Three: a left ear, a right ear and a final frontier!

Photo Archive:



Irene and Loraine enjoying a visit from the Cornwall Fire Service in Newquay.

We will be in contact regularly, please let us know if we can help you in anyway.