

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: **EASTER**



For many people, Easter represents new beginnings; we are surrounded by new beginnings within nature as each spring, flowers begin to bloom and trees begin to bud. Here at Memory Matters, we have been thinking about some of the ways we celebrated Easter with our families when we were younger.

Kate: "I remember going to Easter Sunday Mass in my best clothes and not being allowed any Easter Eggs until after church."

Clarinda: "I can picture picking primroses with my Sunday School on Good Friday ready to put in the Chapel for the Easter Sunday service."

Connor: "My Gran set out an Easter Egg hunt in her garden but forgot where she put the remaining eggs that the children didn't find. She kept finding tasty treats in random places everytime she did a spot of gardening for the rest of the year."

Emma: "I remember getting a chocolate bunny and not wanting to eat it because it was too cute. I would keep it until it was inedible!"

Sophie: "I designed a beautiful Easter bonnet to wear."

Annie: "I used to roll decorated eggs down the grassy hill at my village school. The egg that rolled the furthest was the winner!"

Laura: "I enjoyed going to see the lambs and helping bottle feed them at the farm next door."

- We wonder what sort of Easter festivities you may have enjoyed with your family over the years?
- Things might be a little different this year. If you celebrate Easter, how might you celebrate in these unusual times?
- Would you have decorated your eggs? Did anyone else use onion skins and flowers?

Tasty Treats

Because some people fast during Lent, food at Easter is always a special treat. Hot Cross Buns and Simnel Cake are two favourites as well as Roast Lamb served with Mint Sauce and Vegetables.

Hot cross buns!
 Hot cross buns!
 One a penny, two a penny,
 Hot cross buns!
 If you have no daughters,
 Give them to your sons;
 One a penny, two a penny,
 Hot cross buns!

- What type of tasty treat do you enjoy?
- The most popular Easter Egg is the **Cadbury Creme Egg** and over 500 million are made every year! What do you think of them?

Easter Egg hunts - proof that your children can find things when they really want to!

How many eggs can you find hidden in this picture?



Zoom - not just an ice lolly from your childhood!

As the groups are unable to get together as normal, we have been trying to get beneficiaries to meet up online with their friends. By using Zoom, we are able to see each other and chat as usual. Last week, it was a new experience for all of us and a bit of an experiment. We plan to run the groups at the usual time you would be attending a Memory Matters workshop. If you have access to a computer, please give it a go - it was a lot of fun!

"I'm very social and don't like isolating. I feel so much better now I can see you all."

"I have never done anything like this before, it is very clever."



Thanks For The Tip

Sophie has been asking beneficiaries how they are filling their days ... here are some ideas: crosswords, word searches, using the laptop, jigsaws (Angela was completing a 1,000 piece one!), cooking, John has been "putting in potatoes" and Lynn C has a new greenhouse!

Photo Archive:



Nancy and Jean from Passmore Pals enjoying looking at items from the "home baking" box.