

## 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: **WEATHER**



A typical summer's day?

Here at Memory Matters we have been discussing one of our favourite pastimes in this country – “talking about the weather”.

**Sophie** *“I remember the long hot summer of 1976, the hedgerows caught fire and glowed at night, and the smell of the earth the first time it had rained for ages. I danced in the road to celebrate!”*

**Lynn** *“I remember long hot summers when I was young where it seemed to be summer forever! We always went on our family holiday to a caravan in St Merryn and spent hours in the sea until my legs were blue with the cold.”*

**Annie's** childhood home was in the North East of England and in the depths of winter she sometimes woke up to filigree ice patterns on the inside of the window. Brrr!

- How would you describe the weather today?

**Sunny**

**Overcast**

**Breezy**

**Raining Cats and Dog**

- What is your favourite type of weather?
- Some people feel happier when the sun shines, how does the weather make you feel?

### **The Months by Sara Coleridge**

January brings the snow, makes our feet and fingers glow.

February brings the rain, thaws the frozen lake again.

March brings breezes loud and shrill, stirs the dancing daffodil.

April brings the primrose sweet, scatters daisies at our feet.

May brings flocks of pretty lambs, skipping by their fleecy dams.

June brings tulips, lilies, roses, fills the children's hand with posies.

Hot July brings cooling showers, apricots and gillyflowers.

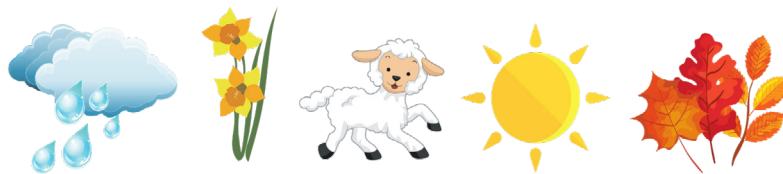
August brings the sheaves of corn, then the Harvest home is borne.

Warm September brings the fruit, sportsmen then begin to shoot.

Fresh October brings the pheasant, then to gather nuts is pleasant.

Dull November brings the blast, then the leaves are falling fast.

Chill December brings the sleet, blazing fire and Christmas treat.



- This poem is a favourite with our "Pick and Mix" group in Bodmin. It conjures up some lovely images of different times of the year.
  - *We wonder which months or seasons you look forward to?*
- If the weather is cold and wet, what foods would you like to eat to warm you up?
  - *We like Apple Crumble with Custard and Homemade Vegetable Soup.*

### **Weather Forecasting Folklore**

- Here are some weather sayings that we have heard, can you add any more to our list?

**Rain before seven, clear by eleven.**

**Mackerel sky, mackerel sky - never long wet, never long dry.**

**Bees do not swarm before a storm.**

**When dew is on the grass no rain will come to pass.**

## Weather Songs

- Here are some weather sayings that we have heard, can you add any more to our list?

### Singin' In The Rain

### You Are My Sunshine

### The Sun Has Got His Hat On

### Somewhere Over The Rainbow

### Bring Me Sunshine In Your Smile

## What Am I?

- See if you can guess the answer using the following clues - all the answers are related to the weather! (You can find the answers at the bottom of the page).

### Item 1:

- I was named for a general
- I make puddle jumping fun
- In the counties I have a green bridge

### Item 2:

- I am sensitive to pressure
- I usually hang around in halls
- People give me a good tap

### Item 3:

- City gents carry me
- I can fit in a handbag
- I have spokes

## Photo Archive:



Barbara and Clarinda choosing their favourite summer dresses from the fifties.

## Answers:

1. Wellingtons
2. Barometer
3. Umbrella