

Japanese Memory Group

Regular 'Reading Aloud, Writing and Mental Arithmetic' have been shown to slow down memory deterioration or even reverse some of the effects of Dementia, just as the brain can relearn after a stroke to restore function.

A minimum of 20 minutes, twice a week has been shown to make a difference.

Booklet 11

Kk

K was a kite
Which flew out of sight,
Above houses so high,
Quite into the sky.

Fly away, kite!

Edward Lear

Read Aloud or Sing: Kookaburra

Kookaburra sits on the old gum tree,
Merry merry king of the bush is he.
Laugh, Kookaburra, laugh, Kookaburra,
Gay your life must be!

Kookaburra sits in the old gum tree
Eating all the gumdrops he can see
Stop, Kookaburra, Stop, Kookaburra
Leave some there for me.

Kookaburra sits in the old gum tree,
Counting all the monkeys he can see
Stop, Kookaburra, Stop, Kookaburra,
That's no monkey, that's me.

Popular song of World War I

Pack up your troubles in your old kit bag,
And smile, smile, smile.
While you've a lucifer to light your fag,
Smile, boys, that's the style.
What's the use of worrying?
It was never worth while, so
Pack up your troubles in your old kit bag,
And smile, smile, smile.

Popular song of World War 2

There'll be bluebirds over the
white cliffs of Dover
Tomorrow, just you wait and see.
There'll be love and laughter and
peace ever after,
Tomorrow, when the world is free.

Read Aloud:

Tweedledum and Tweedledee
Agreed to have a battle;
For Tweedledum said Tweedledee
Had spoiled his nice new rattle.
Just then flew down a monstrous crow,
As black as a tar-barrel;
Which frightened both the heroes so,
They quite forgot their quarrel.

By Lewis Carroll

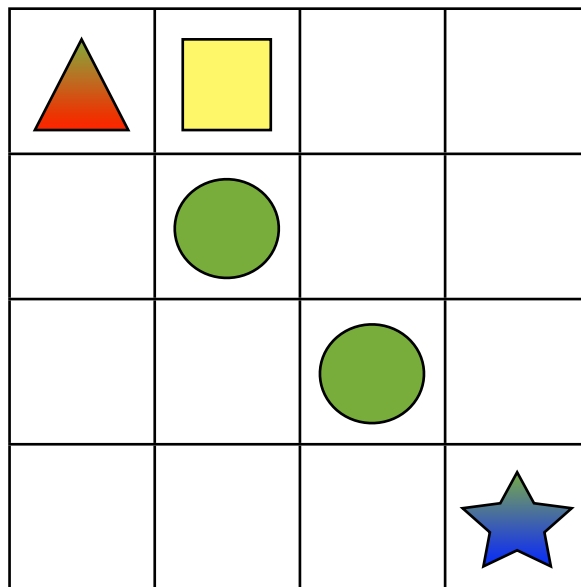
Correct these sentences:

He is very sensible about his nose so doughnut mention it.

There isn't a one computer in this office.

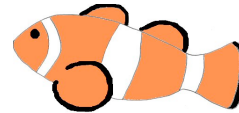
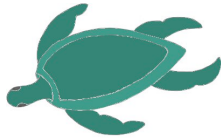
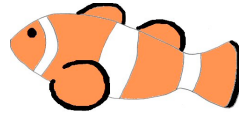
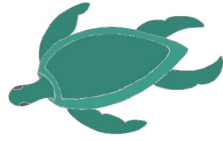
She was attested and charged for murder.

Complete with one of each shape in every row, up, down and across.



Can you name 5 supermarket chains?

Join up the pairs:



What is the opposite of 'sympathy'?

Which number comes next in the sequence?

1 3 5 7 9 ?

If I drive to the hospital at 30mph, and arrive in 40 minutes, how far away is the hospital?

Spend 30 seconds trying to memorise these 8 words:

Primrose Tulip Bluebell Daffodil

Buttercup Ivy Dandelion Daisy

Now cover them up, and write down as many as you can:

Mental Arithmetic

$2 \times 3 =$

$9 - 1 =$

$6 + 3 =$

$14 \div 7 =$

$2 + 5 =$

$8 \div 8 =$

$8 - 6 =$

$2 \times 7 =$

$6 \div 6 =$

$8 + 2 =$

$4 - 3 =$

$20 \div 4 =$

$7 \times 8 =$

$8 \div 4 =$

$160 \div 4 =$

$17 \times 7 =$

$15 - 0 =$

$37 - 23 =$

$25 \times 3 =$

$128 \div 4 =$

$4 + 15 =$

$17 \times 0 =$

$118 - 115 =$

$13 + 27 =$

$120 \div 30 =$

$15 \times 3 =$

$9 + 15$

Thinking Puzzles

Fill in the missing words when thinking of ideas as objects:

She said she would _____ the idea to the highest bidder.

He _____ the idea in a book.

Sam had _____ the idea from James.

She _____ the idea around.

Frances needed to _____ the idea from her mind.

You need to _____ the idea before presenting it to us.

Correct this well known saying:

I'm in a roll right now.