

ABC Seniors Newsletter

USEFUL NUMBERS

| | |
|-------------------------------|---------------|
| ABC Seniors Network | 07873 339 423 |
| Access and Information | 028 3756 4300 |
| Action Fraud | 0300 123 2040 |
| Age Friendly Officer | 07825 010 630 |
| Age NI Advice Service | 0808 808 7575 |
| Armagh Rural Transport | 028 3751 8151 |
| Council Offices | 0300 0300 900 |
| DART Partnership | 028 3831 7810 |
| Elder Abuse | 0808 808 8141 |
| Home Safety Advice | 0330 0561 011 |
| Home Security Advice | 07919 306 281 |
| N.I. Direct | 0300 200 7899 |
| N.I. Electricity | 03457 643 643 |
| N.I. Water | 0345 744 0088 |
| Out of Hours Doctor | 028 3839 9201 |
| Police Emergency | 999 |
| Police Non-Emergency | 101 |

Hello and welcome from the Armagh, Banbridge and Craigavon Seniors Network. We are an umbrella group of volunteers representing the older community within the Armagh City Banbridge and Craigavon Borough Council area. Our Mission Statement is to represent and influence decisions and policies for the older community in this area by giving them a voice on topical issues that impact directly on their health and social wellbeing. Our goal is to make this Borough a place where older people can live full, active, valued and healthy lives.

Positive Ageing Month takes place this October and is a month-long festival of events and activities to highlight the valuable contribution older people make to everyone's lives. It encourages older people to reach out and connect not only to reduce social isolation and loneliness but to support them to live long, healthy lives.

Check out all the Positive Ageing Month Activities available throughout the Borough this October in the middle pages. Places are limited and booking is essential, so book early to avoid disappointment.

If you would like to sign up to our mailing list, or to raise concerns about an issue in your local area, please contact our chairperson David by calling **07873 339 423** or emailing dhammerton@hotmail.com.

We hope you enjoy this Autumn edition of our Newsletter and if you have any ideas for further editions please don't hesitate to contact us on **078 2501 0630**.

ABC Seniors Network





Stay Steady



“Exercising in a class is great! We can encourage each other”



“I feel stronger and am able to walk better”

Stay Steady

Community Strength & Balance Programme

What is Strength & Balance?

Strength & Balance is a physical activity programme which aims to help people over the age of 55 years of age to improve their balance and posture and strengthen their muscles. The programme is for those who have been identified at risk of falls or who have a fear of falling.

Why should I attend Strength & Balance?

The Strength & Balance programme will help to:

- Increase your physical activity levels;
- Improve your posture, muscle strength, balance and coordination;
- Reduce your risk of falling;
- Improve your confidence and overall feelings of health and wellbeing.

Will I be Supervised?

The Strength & Balance programmes are based in local community venues and in Leisure Centres across the Southern Trust area and delivered by local facilitators.

Your facilitator will have experience in delivering physical activity programmes and has received specialist training from Physiotherapists in the Southern Health and Social Care Trust to deliver the Strength & Balance programme.

You will also learn simple exercises you can carry out at home and incorporate into your everyday life

What to Wear

You don't need to have the latest trainers and sportswear to attend the Strength & Balance programme. You simply need to have:

- Comfortable clothes that allow you to move freely and safely
- Suitable footwear – good fitting comfortable shoes/trainers with ankle support and non-slip soles.



How do I Register?

Contact the SHSCT Falls Team Co-ordinator on 028 3756 4909 for a telephone consultation. You may need to attend your local falls clinic for an assessment before commencing a Strength & Balance programme.

You can get further information on falls prevention and watch a demonstration of Strength and Balance exercise at:

www.nidirect.gov.uk/articles/keeping-mobile-and-preventing-falls



Quality Care - for you, with you

In association with



accidents don't have to happen

Community Strength & Balance Classes

Department of Health guidelines recommend all adults should complete 150 minutes of physical activity in a week. Older adults at risk of falling should also undertake physical activity to improve muscle strength, balance and coordination at least twice a week



Now is the time to get ready for winter with your flu vaccine and your latest COVID-19 vaccination.

If you're eligible look out for your invite.





Hourglass is the only charity dedicated to calling time on the harm, abuse and exploitation of older people across the United Kingdom. With more than 25 years' experience and expertise, our mission is to listen, advise and support vulnerable older people and all those affected by abuse and neglect throughout the UK.

Every year, more than a million older people are physically, psychologically, financially or sexually abused, or neglected in the UK. That's one in six older people who are victims of abuse. Hourglass will develop traction in the Northern Ireland Assembly to achieve our primary goal of

implementing an Adult Safeguarding Bill, bringing Northern Ireland in line with legislative protections across the wider UK. Our Community Hub is a one-stop-shop for anyone who is concerned about the abuse of older people, or needs advice about safer ageing. With a strong community presence, our focus is to provide an immediate and localised response to the abuse of older people building on our own expertise, as well as working with a range of partner agencies in local communities across Northern Ireland.

FOR MORE INFORMATION

please view our website on
www.wearehourglass.org/ni

contact us via email
nireland@wearehourglass.org

or call our Helpline Freephone:
0808 808 8141 Available 24/7

Our Helpline is confidential and free, and our number will not show up on your phone bill.



Quality Care - for you, with you

REMEMBER TO PHONE FIRST

Before going to Craigavon / Daisy Hill Hospital
Emergency Departments, or South Tyrone Hospital
Minor Injuries Unit.

0300 123 3 111
Monday to Friday
9am - 9pm

(excludes bank holidays)

**Get directed to the right care.
Avoid busy waiting rooms.
Stay safe.
Save time.**

FOR EMERGENCIES THAT ARE LIFE-THREATENING CALL 999

Positive Ageing Month

Positive Ageing Month takes place this October and is a month-long festival of events and activities to highlight the valuable contribution older people make to everyone's lives. It encourages older people to reach out and connect not only to reduce social isolation and loneliness but to support them to live, long healthy lives.

Check out all the Positive Ageing Month Activities available throughout the Borough this October.

Booking is essential.

SAT 1 OCT

INTERNATIONAL OLDER PERSONS DAY

CONNECT: Food for Life - Get Together's Christmas Small Grants Scheme

Linking Generations Northern Ireland are delighted to launch their Food for Life Get Together's Christmas Small Grants Scheme as part of Positive Ageing Month 2022. Applications will open on 1 October 2022 and close on 28 October 2022. They are inviting community groups, schools, care settings, nurseries and housing settings to apply for small grants of £125 to bring generations together during the month of December to enjoy good food and each-others company.

For more information, application pack, ideas and resources please visit the LGNI News page News – www.linkinggenerationsni.com/news/ or contact joyce.savage@bjf.org.uk or call 028 9181 3022.

BE ACTIVE: MOVE WITH MARY CD - call 07825 010 630 for your free CD

MON 3 OCT

CONNECT: International Older Persons Event and launch of ABC Age Friendly Strategy and Action Plan in Lough Neagh Discovery Centre. To request a copy of the Strategy please call the Age Friendly Officer on 078 2501 0630

TUES 4 OCT

BE ACTIVE: Bat & Chat – Social Table Tennis - Banbridge Leisure Centre
11am-12.30pm every Tuesday morning

Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. To book call Amanda on 07816 341 112, email amanda.mogey@armaghbanbridgecraigavon.gov.uk or go online getactiveabc.com/positive-ageing-month

KEEP LEARNING: Safer Ageing and Stopping Abuse Webinar - 2pm-3pm (via Zoom)

A webinar hosted by Hourglass, the UK's only charity focused on the abuse and neglect of older people. This aims to highlight abuse against older people and key ways of prevention and ongoing support.

The webinar will be delivered using Zoom and can be accessed through the following link us06web.zoom.us/j/86095224567?pwd=ZFBlaU5oUmtYNDdyT0trS25sSW02UT09
For further information please contact Shaun Paskin on 07435 551 657 or email shaunpaskin@wearehourglass.org

TAKE NOTICE: Alzheimer Society Carers Information Support programme
6.30pm-8pm (via Zoom - week 1 of 4)

For people who provide unpaid care and support to someone living with dementia. Topics are understanding dementia, providing support and care, legal and financial matters and coping day to day.

Contact by email carole.murray@alzheimers.org.uk or call 07918 706 095

WED 5 OCT

BE ACTIVE: Over 50s Couch to 3k Programme - Lurgan Park - 10.30am-11.15am

A 5-week running plan developed to help absolute beginners to improve their fitness to be able to power walk/jog and complete a 3k at the end of the programme. Runs every Wednesday and Friday. Week 1 of 5.

For more information or to book call Amanda on **07816 341 112**, email amanda.mogey@armaghbanbridgecraigavon.gov.uk or go online getactiveabc.com/positive-ageing-month

GIVE: Random Act of Kindness - Do something nice for someone else

THURS 6 OCT

CONNECT: Free Hearing Aid Support by RNID - The Old Town Hall Banbridge 11.00am-1pm

Come to our FREE Hearing Aid support session where we can offer 1 to 1 help and advice on how to get the most out of your hearing aids. If your aids are NHS issued, we can also help you fit them and we can re-tube, clean the ear moulds and replace the batteries. For more information, contact Carolyn Ritchie at **07407 732 106** or email: carolyn.ritchie@rnid.org.uk

BE ACTIVE: Bat & Chat – Social Table Tennis - South Lakes Leisure Centre 10.30am-12pm every Thursday morning

Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. To book call Amanda on **07816 341 112**, email amanda.mogey@armaghbanbridgecraigavon.gov.uk or go online getactiveabc.com/positive-ageing-month

KEEP LEARNING: Supporting Carers through the cost of living crisis event Banbridge Leisure Centre - 10.00am-12pm

Clanrye group and Action for Children are coming together to provide a 'one stop shop' event to offer vital support and information for Carer's in the community, to support them through the cost-of-living crisis. We really want to let carers know what support and services are available to them during this tough time.

For more information contact Jude Keenan on **07483 059 871** or email: jude.keenan@clanryegroup.com

KEEP LEARNING: TV Licence Help & Support Session - 11am-11.30am (via Zoom)

TV Licensing Northern Ireland Support Team will be providing a free session to help and support people within our community come along to this session where you will learn all about: TV Licence's Simple Payment Plan (SPP) (for those struggling financially) and how to onboard people to this, Concessions for blind – RNIB, Concessions for people in supported housing, Scams Awareness, Vulnerable customer policy, General latest information. Join the Zoom Meeting:

us04web.zoom.us/j/74364972993?pwd=OKYGijQUfsPOp4PISw4xBxwsHkRKq.1
Meeting ID: 743 6497 2993, passcode: k767s2. For more information contact: Niamh Donnelly, **028 9026 7099 / 07759 631 614**, niamh@mcecomms.com

BE ACTIVE: Walking Group - Solitude Park Banbridge - 11am

Meeting every Thursday morning at the back of Bannside Church. Suitable for all levels and abilities. Why not get out and have some fun, walking and talking. If you are interested in joining, please contact Claire on **07800 915 527** for more information.

FRI 7 OCT

BE ACTIVE: Over 50s Couch to 3k Programme - Lurgan Park - 10.30am-11.15am
Runs every Wednesday and Friday. Week 1 of 5.

MON 10 OCT

KEEP LEARNING: World Mental Health Day - In partnership with ABC Seniors Network Launch of Action Mental Health's Training Session, specially designed for older people'. Please contact Stephanie on **078 2501 0630** for more information about how you or your group can access this one-off training session.

MON 10 OCT

CONNECT - Phone A Friend

That rapid, back-and-forth rhythm of a conversation with someone you know, their familiar voice, hearing an actual laugh is good for the soul. Why not reconnect with someone you haven't spoken to for a while.

TUES 11 OCT

CONNECT: Chatty Talks Falls Awareness Sessions

The Lounge at Brownlow Hub Craigavon - 10.30am-12.30pm

Come along to find out more about falls prevention and how you can protect yourself from falls in later life. Lunch will be served. To book your place please email rebekah.lee@southerntrust.hscni.net or call **028 3756 3946**

**BE ACTIVE: Bat & Chat – Social Table Tennis - Banbridge Leisure Centre
11am-12.30pm every Tuesday morning**

**TAKE NOTICE: Alzheimer Society Carers Information Support programme
6.30pm-8pm (via Zoom - week 2 of 4)**

WED 12 OCT

CONNECT: Connecting through the Ages Workshop

Ardmore Recreation Centre, Armagh - 10am-2pm

Come along and learn about the Take 5 steps to wellbeing and take part in our Digital Support workshop. You will also have the opportunity to reminisce on how you played as a child. Learn new games and share old games with the children.

To book call Cathy on **07796 266 194** or Elaine on **07771 794 988** or email either: elaine.devlin@armaghbanbridgecraigavon.gov.uk or cathy.devlin@armaghbanbridgecraigavon.gov.uk

**BE ACTIVE: Over 50s Couch to 3k Programme - Lurgan Park - 10.30am-11.15am
Runs every Wednesday and Friday. Week 2 of 5.**

THURS 13 OCT

**BE ACTIVE: Bat & Chat – Social Table Tennis - South Lakes Leisure Centre
10.30am-12pm every Thursday morning**

**KEEP LEARNING: Over 50's Social Angling - Shillington Quay, Portadown
10am-12.30pm**

Want to try fishing? Whether you've never fished before or you want to get back into it, our friendly angling coaches will have you hooked! Fishing is a great way to relax, spend time outdoors and make new friends. It's good for your body and your mind. The sessions are led by qualified coaches who will guide you through the basic skills of the sport. The sessions are ideal for beginners. All equipment is provided.

To book contact Kelly on **077 67167 497**, email kelley.rushton@armaghbanbridgecraigavon.gov.uk or go online getactiveabc.com/positive-ageing-month

BE ACTIVE: Walking Group - Solitude Park Banbridge - 11am every Thursday

FRI 14 OCT

**BE ACTIVE: Over 50s Couch to 3k Programme - Lurgan Park - 10.30am-11.15am
Runs every Wednesday and Friday. Week 2 of 5.**

MON 17 OCT

CONNECT: Connecting through the Ages Workshop

Conference Room Banbridge Enterprise Centre - 10am-2pm

for details see Wednesday 12 October

TUES 18 OCT

CONNECT: Connecting through the Ages Workshop

The Lounge, Brownlow Hub - 10am-2pm

for details see Wednesday 12 October

**BE ACTIVE: Bat & Chat – Social Table Tennis - Banbridge Leisure Centre
11am-12.30pm every Tuesday morning**

**TAKE NOTICE: Alzheimer Society Carers Information Support programme
6.30pm-8pm (via Zoom - week 3 of 4)**

| | |
|--------------|--|
| WED 19 OCT | <p>BE ACTIVE: ABC Seniors Network are hosting a Walk and Talk Event Lurgan Park - 10am-1pm</p> <p>Come along and join the group for a walk around beautiful Lurgan Park whilst chatting and making new friends. Then join us for a tour of Brownlow House and some light refreshments afterwards. To book call Stephanie on 07825 010 630 or email stephanie.rock@armaghbanbridgecraigavon.gov.uk</p> |
| WED 19 OCT | <p>BE ACTIVE: Over 50s Couch to 3k Programme - Lurgan Park - 10.30am-11.15am Runs every Wednesday and Friday. Week 3 of 5.</p> |
| THURS 20 OCT | <p>BE ACTIVE: Bat & Chat – Social Table Tennis - South Lakes Leisure Centre 10.30am-12pm every Thursday morning</p> <p>BE ACTIVE: Walking Group - Solitude Park Banbridge - 11am every Thursday</p> <p>KEEP LEARNING: TV Licensing Scam Awareness - 11am (via Zoom) Due to a recent rise in scams, TV Licensing are running a FREE scams training session to educate and spread awareness. In this session we will cover online, email, phone call, text and in person scammers as well as what to look out for, how to combat the scammers and best practices. After the session we will be able to share useful assets with you such as a scams booklet, leaflets, social media assets and newsletter copy. Join the Zoom Meeting: us04web.zoom.us/j/74390937932?pwd=Stfg3AETouvFijPTuMXpbdLzYugOhu.1 Meeting ID: 743 9093 7932, passcode: Jh1ykY. For more information contact: Niamh Donnelly, 028 9026 7099 / 07759 631 614, niamh@mcecomms.com</p> <p>KEEP LEARNING: Over 50's Social Angling - South Lake Angling Stands 1pm-3.30pm - for details see Thursday 13 October</p> |
| FRI 21 OCT | <p>BE ACTIVE: Over 50s Couch to 3k Programme - Lurgan Park - 10.30am-11.15am Runs every Wednesday and Friday. Week 3 of 5.</p> |
| MON 24 OCT | <p>GIVE: Give everyone you meet today a smile and : “Hello, how are you?”</p> |
| TUES 25 OCT | <p>CONNECT: Chatty Talks Falls Awareness Sessions Cathedral Road Recreation Centre Armagh - 10.30am-12.30pm <i>for details see Tuesday 11 October</i></p> <p>BE ACTIVE: Bat & Chat – Social Table Tennis - Banbridge Leisure Centre 11am-12.30pm every Tuesday morning</p> <p>BE ACTIVE: Biggest ever virtual tea dance - 2.30pm-4pm (via Zoom) Join people across Northern Ireland and beyond, live bands and plenty of kitchen dancing. To book email positiveageingmonth@belfastcity.gov.uk or phone 077713 684 705</p> <p>TAKE NOTICE: Alzheimer Society Carers Information Support programme 6.30pm-8pm (via Zoom - week 4 of 4)</p> |
| WED 26 OCT | <p>BE ACTIVE: Over 50s Couch to 3k Programme - Lurgan Park - 10.30am-11.15am Runs every Wednesday and Friday. Week 4 of 5.</p> <p>GIVE: Declutter & Donate - Leave unwanted items to charity shop</p> |
| THURS 27 OCT | <p>BE ACTIVE: Bat & Chat – Social Table Tennis - South Lakes Leisure Centre 10.30am-12pm every Thursday morning</p> <p>CONNECT: Free Hearing Aid Support by RNID - Dobbin Street Community Centre Armagh - 10.30am-1pm - for details see Thursday 6 October</p> <p>BE ACTIVE: Walking Group - Solitude Park Banbridge - 11am every Thursday</p> |
| FRI 28 OCT | <p>BE ACTIVE: Over 50s Couch to 3k Programme - Lurgan Park - 10.30am-11.15am Runs every Wednesday and Friday. Week 4 of 5.</p> |
| MON 31 OCT | <p>Happy Halloween</p> |

Is your drinking 'low risk'?



Alcohol problems can begin at any age. Help is out there. Ask your doctor, nurse or pharmacist. Or look on our website.



Search for us online /nidacts

www.drugsandalcoholni.info



Public Health Agency

Project supported by the PHA



nidirect
government services

tédiréach
seirbhísí rialtais

Bereavement Service

The Bereavement Service offers relatives a single point of contact for reporting a death to the Department for Communities and helps them access any other benefits they may be entitled to.

Freephone:
0800 085 2463

The Bereavement Service will:

- record the date of death and tell each office that paid benefit to the deceased
- offer you an eligibility check, as you may be entitled to claim benefits towards funeral costs.

Information you need to provide

When you ring, you will need to provide details of the deceased, including:

- date of birth
- date of death
- National Insurance number
- benefits they were getting

Herbert Protocol

The Herbert Protocol is a scheme to help trace missing people with dementia rolled out across NI.

An initiative that will help Police and other agencies find those with Dementia quickly and safely is now being rolled out across Northern Ireland.

The Herbert Protocol, launched by the Police Service of Northern Ireland in partnership with Dementia NI, the Health and Social Care Trust and local Policing and Community Safety Partnerships (PCSPs), enables officers to work quicker to find those with dementia who go missing.

It is a public document that can be populated with vital information, such as a recent photograph, contact details, medication required and significant locations relating to the individual. This can then be provided to officers and used to save vital time in a missing person investigation.

For relatives in a care home, staff there should be contacted initially by a family member to discuss filling in the Herbert Protocol form and it can then be included in an individual's care plan.

For people living at home, the paperwork can be downloaded from the Police Service of Northern Ireland's website and should be stored within the home. Families can fill out the forms for vulnerable relatives who are at risk of going missing.

The initiative was launched as a pilot in Armagh, Banbridge and Craigavon in October 2021 and in that time three people with dementia went missing. Although they were all found safe and well by those who care for them (before Police needed to be contacted) the Herbert Protocol gave them peace of mind knowing that information was available if the situation escalated.

THE HERBERT PROTOCOL

Safe & Found

Find out more about the Herbert Protocol at www.psni.police.uk/herbertprotocol

Helping to trace missing people with Dementia



Margaret's Cookery Corner

Apple Pie/Tart

Ingredients

250 grams butter/Stork margarine or a mix of the two

50 grams caster sugar

1 egg beaten

1 tablespoon of milk

400 grams sieved plain flour

3-4 brambling apples

100 grams granulated sugar

1 plate 9"/25cm

1 dessert spoonful of cornflour

Instructions

To make a lighter pastry, cream the sugar, margarine/butter, beaten egg and milk together, until light and fluffy, then add sieved flour. Only beat for a few minutes until all is combined.

Cover the pastry in a bowl with a clean cloth. You can put it in the fridge, but I usually leave it on the kitchen bench while preparing the apples (peel, core and slice thinly).

Lightly flour your board, cut the pastry in half, roll out one half and use it to cover the plate. Then dust cornflour over the pastry base (this prevents the tart from having a soggy bottom).

Arrange the sliced apples on the pastry base, then add your granulated sugar over the top of the apples. Roll out the other half of the pastry for the top of tart.

With a pastry brush, brush water round the outside of the pastry base, roll the top pastry over the apples. Press lightly down round the edges with the back of a knife. Go round the edging of the pastry to seal, then with a fork or your fingers pinch the edging, make a small slit in centre of the tart and put the tart on a baking tray.



Put the tart in a preheated oven at 180°C / 160°C fan oven or gas mark 6 on the middle shelf. Bake for 30mins, turn the tart and bake for a further twenty minutes, reducing the oven heat to 150°C / 140°C fan oven or gas mark 4. Lift out of the oven and dust with caster sugar.

Tips: if you wish to add cinnamon use one level dessert spoonful. Add and mix well to the granulated sugar, this gives an even taste throughout the tart.

If you are planning on using cloves, fill a jam jar the day before with the granulated sugar, add 12 cloves, shake it up and use the next day. Remove the cloves before adding the sugar to the tart. This will add a delicate taste of cloves to the tart.

You can blanch the apples, but make sure they still have a bite or firmness in them!

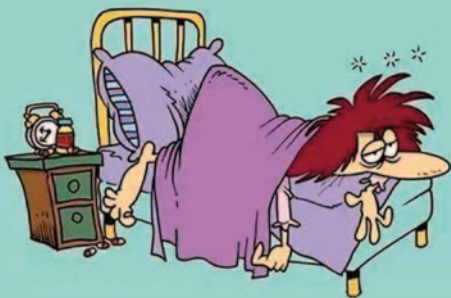


AUTUMN Wordsearch

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

T L U F T H G I R F S P O V D M Z
 H E P C Z C S J S T Y S O S O K N
 G P U M P K I N A Y E D B T S S O
 I N O T I P G B E G V R N A P X I
 L R T T A C K C A L B A D M O A T
 I E R C R C D U Y S H Q U U O G O
 W T I W A G Z W E P P B P L K O P
 T N C C P U E I R E E R Z E Y M G
 X A K B P C L Z Z S Z S H T B Z W
 U L O R A T G D O G H I W I T C H
 E O R I R I Z O R H S P E L L X O
 V K T M I O G X N O C O N J U R E
 M C R S T P J T C S N B E W B O C
 O A E T I K F T E T V O G A J I C
 O J A O O Z D S S N O T E L E K S
 N A T N N B P G B P E U C R X W V
 J G V E J S U O I R E T S Y M F O

AMULET
 APPARITION
 BATS
 BLACK CAT
 BOO
 BRIMSTONE
 CACKLE
 CAULDRON
 COBWEB
 CONJURE
 EERIE
 FRIGHTFUL
 GHOST
 GOOSE BUMPS
 JACK-O-LANTERN
 MOON
 MYSTERIOUS
 PHANTOM/
 POTION
 PUMPKIN
 SKELETON
 SPELL
 SPOOKY
 TRICK OR TREAT
 TWILIGHT
 WITCH



Old age is golden, or so I've heard it said
 But sometimes I wonder, as I crawl into bed
 With my ears in a drawer, my teeth in a cup,
 My glasses on the table until I get up.
 As sleep dims my vision, I say to myself:
 Is there anything else I should lay on the shelf?
 The reason I know my youth is all spent?
 Is my get-up-and-go has got up and went!
 But, in spite of it all, I'm able to grin
 And think of the places my getup has been!

Knock knock.
Who's there?
Cow goes.
Cow goes who?
Noo, cow goes muh!

Knock knock.
Who's there?
Tank.
Tank who?
You're welcome.

Knock, knock.
Who's there?
Harry.Harry who?
Harry up,
it's cold out here!

Knock, knock.
Who's there?
Boo.
Boo who?
Gosh, don't cry
it's just a knock
knock joke.

Will you remember
me in 2 minutes?
Yes.
Knock, knock.
Who's there?
Hey, you didn't
remember me!