

Care & Share at Home

INTRODUCTION

We hope you enjoyed the Care & Share at Home Pack delivered last week. We certainly had fun thinking about things you would enjoy doing and eating. (Sorry for the sugar high). Be assured we are thinking of you and want to support you during our Recess from meeting together.



The young police recruit was asked:

"What would you do if you had to arrest your own mother?"

I would call for backup, Sir!

GRATITUDE

Studies have demonstrated that thankful people are typically healthy people, however it can be difficult to cultivate a spirit of gratitude. This is the ideal time to counting blessings and start habits that some of us could continue for the months to come. Gratitude journaling has been around for decades as a best practice for feeling better about your life, but it became extremely popular a few decades ago when Oprah Winfrey declared that she keeps a journal of things she is thankful for each day. Give it a go. You will be surprised to see the real impact regular gratitude makes in your own life, as well as on the lives of your friends and family.



COFFEE & PHONE CALLS

It's so much a part of our culture to meet a friend for coffee and a chat these days, isn't it? Perhaps one way of still doing this is to prepare yourself a hot Beveridge, call a friend or family member, get them to make a drink too and then have a chat. Just as good as being in a Café. Alternatively you could grab a coffee and take a friend to the Park. As long as you practice being 1.5 metres away you will be fine.



PUZZLE FOR SENIORS

<https://www.seniorsonline.vic.gov.au/services-information/games>

<https://www.sa.gov.au/topics/family-and-community/seniors>

Customer: 'Waiter, please bring me an omelet!'

Waiter: 'French or Spanish Sir?'

Customer: 'Who cares? I'm going to eat it, not talk to it!'



Colouring In Competition

Enjoy colouring in? Want to give it a go?
See attachment



THANK YOU

We would like to take this opportunity to thank Prime Minister Morrison for overseeing this unique situation in Australia. It can't be easy.



What did the buffalo say to his son when he dropped him off at school? Bison

EXERCISE It's never too late to start an exercise program and reap the benefits of physical activity. According to the American College of Sports Medicine, the positive benefits of exercise can be seen across all populations of older adults—active and inactive, those in good health and those managing chronic health conditions—as long as fitness level is taken into account when developing a program. For those who haven't maintained an exercise routine over the years or are battling the effects of chronic pain or disability due to injury or health condition, there are accessible exercise options that can improve strength, cardiovascular health, mobility, and balance, all from the comfort of a sturdy chair.

<https://www.verywellfit.com/chair-exercises-for-seniors-4161267>



HAVE YOU DECIDED ON A PROJECT?

In our first Newsletter we broached the idea of having a project to do over this period at home. Have you had any thoughts about what it will be? We have enclosed a form to help your thought process and also some more ideas. When we telephone to see how you are let us know what you have decided to do.

Little Johnny comes home with a sad face after a vaccination. His father, trying to distract him says: 'Oh, Johnny, it is all over. Tell me, what were you vaccinated against?'. To which Johnny replies: 'Against my wishes!!'.

Looking at the map for some weekend travel ideas



