



CARE & SHARE
AT TRINITY

Newsletter No 10
May 2020

Looking Ahead

We would love your thoughts

With the potential reopening of Care & Share in the future we would appreciate your thoughts on our Program so that we can provide the best service possible. Please fill in the enclosed **Re-Opening Questionnaire** and the **Annual Participants Survey**, and return to us in the attached self-addressed envelope by the **5/6/20**. We thank you for your participation – your opinions and comments are very important to us.



When is a car like a frog? When it's being toad

Mitcham library has a long list of Online opportunities to borrow items. They are:

- # eBooks and Audio Books
 - # Digital Magazines
 - # Video streaming
 - # Online Learning
 - # Ancestry Research
 - # Book clubs
 - # Online Learning
 - # Home & Garden Collection
- Contact Mitcham Library on 8372 8244



**I have profound respect for old age
Especially when it's bottled**

Jokes about German sausage are the wurst.

We hope you enjoy our new format Newsletter

This Week in History

Do you recall.....

- 1934 In Canada, the Dionne quintuplets are born and become the first quintuplets to survive infancy.
- 1935 John Steinbeck's first successful novel, Tortilla Flat, is published.
- 1937 Volkswagen (VW) is founded.
- 1937 Neville Chamberlain becomes Prime Minister of the United Kingdom.
- 1951 Radio programme Crazy People (later titled The Goon Show) premieres on the BBC, created by Spike Milligan.
- 1976 29th Cannes Film Festival: Taxi Driver by Martin Scorsese and starring Robert De Niro wins the Palme d'Or.
- 1987 Mathias Rust lands Cesna in the Red Square





STRENGTH FOR LIFE:

HEALTHY LIVING VIDEOS

How is your exercise going? We inserted a list of chair exercises for you recently, so we hope you are finding them helpful. Here are some Video sites Online with exercise for Seniors:

Strength For Life

www.youtube.com/watch?v=xR1iKfCiiNo&list=PLMo7gORxrRhVmzpxE7a1_qvCTzljm-w2VMindspot.org.au

Active Seniors

www.activeseniors.net.au/freeonlineworkouts/

Heart & Diabetes Institute Program

www.communitycarereview.com.au/2020/03/31/exercise-resources-for-self-isolation/

Audio Yoga Classes

www.anniebelcher.com.au/audio-classes
<https://www.safeexerciseathome.org.au/>

Physiotherapist safe exercises

www.safeexerciseathome.org.au/

Seniors exercise program

www.youtube.com/watch?v=LqO50q75tBo&fbclid=IwAR2RtLmjTISsEj7sq-gEvJGVtW_67XKYjbu9d7YpOv1BBcUwkmU5tpTB_GaA

Adelaide City Council Dance Class

<https://www.youtube.com/watch?feature=youtu.be&v=7ZizjN82M8E&app=desktop>



THOUGHT OF THE WEEK

It's best to have failure happen early in life. It wakes up the Phoenix bird in you so you rise from the ashes. - Anne Baxter

How did the lizard remodel the bathroom?
With reptiles

Too many wrinkles should merely indicate where smiles have been



