

Care & Share at Home

INTRODUCTION

It was our pleasure to put together another Care Pack to send to you last week. We hope you enjoyed its contents, found it helpful and a bit of fun too. We at Care and Share are enjoying putting these together and calling you to see how you are. Please don't hesitate to call us if you need help - we are here for you.



Hope for the best,
Expect the worst.
Life is a play,
We're unrehearsed.

(Mel Brooks)

FUNNY ANAGRAMs

Rearrange the letters of each word to form another version of the word:

- 1) *Decimal point* _____
- 2) *Gentleman* _____
- 3) *Astronomer* _____
- 4) *Listen* _____
- 5) *Slot machines* _____

Answers page 2

Senior Moments:

"The secret to staying young is to live honestly, eat slowly and lie about your age" Lucille Ball
"I wish I was a twin, so I could know what I'd look like without plastic surgery"

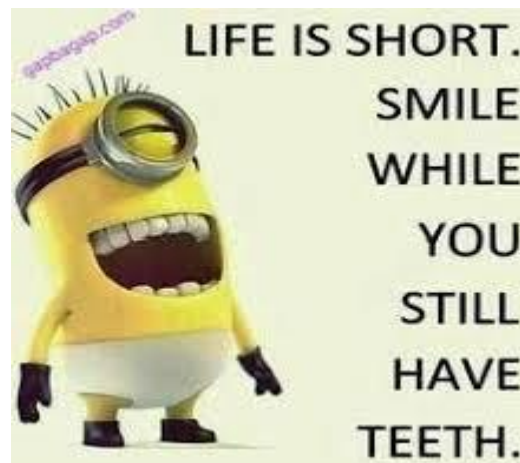
Joan Rivers

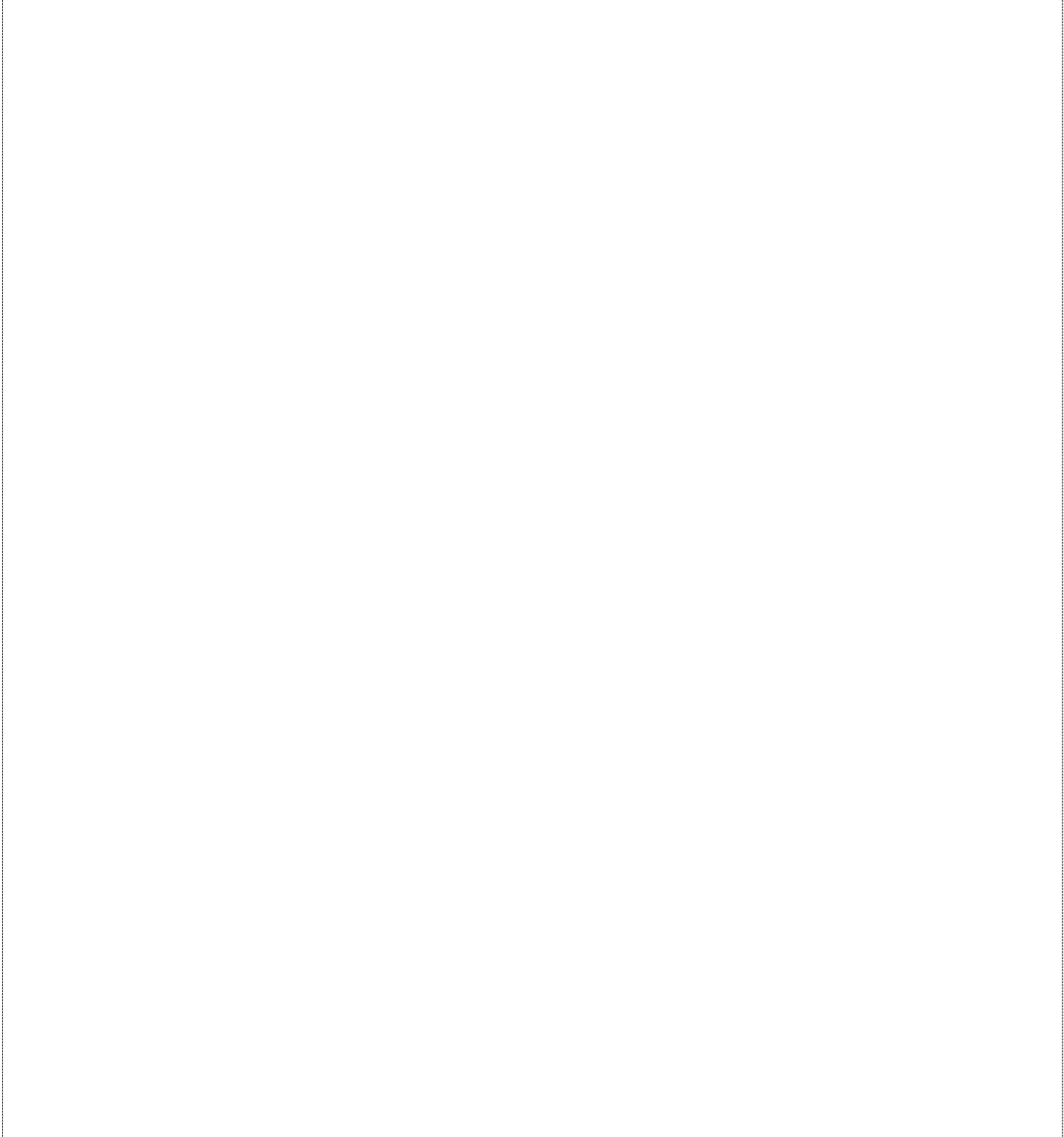
"Youth is a wonderful thing. What a crime to waste it on children" George Bernard Shaw

"Wrinkles should merely indicate where smiles have been" Mark Twain

So what is everyone to?

During our phone conversations we have found out how creative you all are while remaining at home. Activities include: contacting old friends for a chat and supporting each other, tidying up things, reading, learning about technology e.g.: Tablets, Skype or Zoom electronic conferencing (Well talking really!), jigsaws, knitting projects, picking up old hobbies, cooking and doing lots of quizzes and puzzles. Fantastic!!!!







HOW ARE YOUR PROJECTS GOING FROM HOME?

Keeping active



EXERCISE How are you going with your exercise program at home? Hopefully the information sheets we set out last week provided some inspiration on how to exercise at home. There are plenty of chair based exercise that you have previously done before at Care and Share which you can safely do at home. Not got any weights at home? Not a problem. Just go to your pantry and grab a couple of cans of soup, easy 😊 It's never too late to start an exercise program and reap the benefits of physical activity.



WHEN WE CALL YOU, PLEASE LET US KNOW HOW YOU ARE PROGRESSING. WE ARE REALLY KEEN TO ENCOURAGE YOU, DISCUSS IDEAS AND PROVIDE SUPPORT WHERE WE CAN. WE WOULD ALSO LOVE TO SEE SOME PICTURES OF WHAT YOU ARE DOING. MAYBE YOU OR A RELATIVE COULD TAKE A PICTURE AND EMAIL IT TO US. WHO KNOWS WE MAY EVEN PUT THE IMAGE IN THE NEWSLETTER.

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Anagram answers: I'm a dot in place, elegant man, moon starrer, silent, cash lost in'em 😊

