



Week Ten



PERSONAL

Time to focus on communicating with yourself this week.

Have you tried meditating before? It takes a little practice but the breathing is very beneficial to calmness, there are a number of free sites you can look up on the internet to get you started. If meditation is not for you take 10 minutes to talk to someone you trust or listen to some music.



FAMILY

Have you tried a family quiz night? Try <https://www.challengethebrain.com/questions-and-answers-family-quiz.htm> It will be lots of laughs with the family from our experience. You can add another element to the night by doing this via Zoom with extended family.

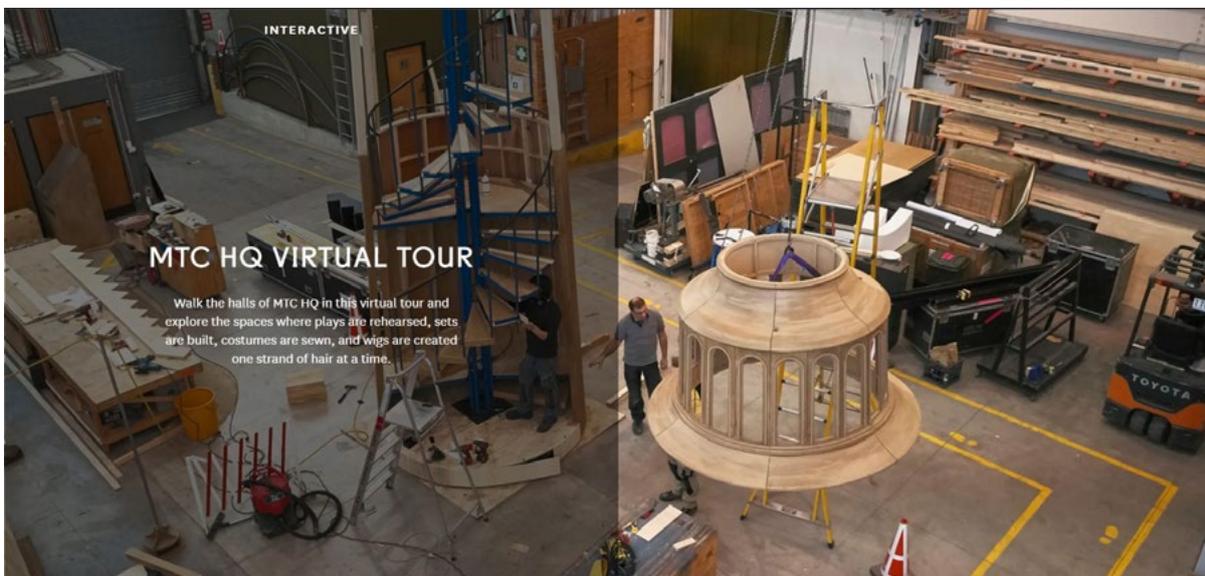
Another suggestion is to check out the Free Online Jazz festival on <https://www.melbournejazz.com/> or the Mr McClelland's Finishing School online party on Friday 9 pm to midnight on <https://www.facebook.com/MrMcCFS/>



FRIENDS

You can do the virtual tour of the MTC HQ <https://www.mtc.com.au/discover-more/mtc-now-2020/mtc-hq-virtual-tour> with friends.

Check out the activities proposed by the City of Melbourne as they are offering a range of free classes.





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COMMUNITY/NEIGHBOURS

Due to the increase in the number of cases of Covid-19 detected a few weeks ago restrictions were increased and vulnerable people became less inclined to go out into the big wide world. Do you know anyone in your neighborhood who still needs any help with purchasing groceries? Perhaps someone who is elderly or sick? You can help them buy groceries and food supplies in these difficult times. Make sure you follow proper social distancing measures and wash your hands thoroughly.

Do you have children or teenagers? Visit Youth Affairs Council Victoria on <https://www.yacvic.org.au/blog/5-things-to-do-covid19/>

Their website contains a range of resources for young people and children. So for example check what you can do to keep your children occupied during the school holidays. Visit the Khan Academy listed on YACVIC website as they offer remote learning resources for people aged 2 to 18.