



Week Fifteen



You might wonder how our suggested ideas align with the topic of 'Communication'. The definition of the word is as follows: **communication**, n. The imparting or exchanging of information by speaking, writing, or using some other medium. ...The successful conveying or sharing of ideas and feelings. We are focusing on sharing ideas and how we feel about ourselves and our lives, hope you continue to like our ideas. Read on.....

PERSONAL

As we are now mid-way through this current period of stage 3 or 4 lockdown, depending on where you live, how is your one hour of daily exercise going? Have you made an effort, where possible, to get outside for a walk or run? We know exercise is good for the body but did you know it is also very good for your immune system and mental health? We are all being challenged in this regard with the restrictions being placed on our normal way of life. If you have been exercising, are you getting a bit bored with your current exercise path? Let's make an effort this week to make your hour of exercise more interesting. Spring is in the air so many local gardens are starting to bloom. Take your phone with you and photograph your walking route. Admittedly a bit hard if you are a runner. Create a picture story of your journey over the week. Select your top 10 flowers or gardens. Try a different route each day to increase your chances of discovering new gardens.



FAMILY

Science week has just finished but that doesn't mean you can't try some fun things at home as a family. Check out <https://museums victoria.com.au/national-science-week/science-fun-at-home/>. You can learn how to make slime, make a lung or bubbles, learn why a cake is fluffy or discover astronomy in winter while at home. Lots to choose from to make a fun family experience.

Or for something different you could explore what is under the historic Ballarat Mechanics Institute via <http://www.ballaratmi.org.au>.

Ballarat is a very historic town with many hidden treasures. Who knew what was hidden under there!





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FRIENDS

Time for a quiz or two with your friends. Lots of options on-line or you could try to name the teachers and students in your old school photos! Tried this recently and it was lots of fun. Make yourself comfortable with a cup of tea/coffee or a glass of wine and off you go. Someone has to be quiz master of course. You can pick a topic like Christmas, Sport, Movies to get you started. No cheating by looking things up on the web of course!



COMMUNITY/NEIGHBOURS

Who in your neighbourhood might need your help at this difficult lockdown stage? Do you have some flowers in your garden you could drop on the doorstep of a person in a solo household? Have you made a large batch of soup or a casserole you could share with someone who lives on their own? Could you organise a Covid safe chat over a fence with someone who doesn't have family or friends who can visit them?

