



# Week Eighteen



## PERSONAL

We are hopefully getting towards the end of the current stage of CoVid lockdown, fingers crossed! Have you scheduled breaks to exercise each day? Not only is exercise good for our bodies helping to prevent diabetes, heart disease and dementia but it is an excellent way of keeping us busy. So, if you are tiring of your daily lockdown routine this could be the week you try exercising while chatting to a friend or family member that you are unable to see at the moment. Or what about working on those thigh muscles by challenging yourself to finding some slopes, hills or stairs in your neighbourhood? Another idea to create some extra interest in your exercise schedule is to try 'Interval Training'. Never done this before? Easy! You mix up the pace of your walking, running or riding. For example, you alternate between periods of intense or fast walking/running/riding followed by an easier rest walking/running/riding period then you repeat the process again and again for all or part of your exercise period. Variety is the spice of life they say!



## FAMILY

It is school holiday time again. If you live in the metropolitan area you are still in stage 4 lockdown. If you are lucky to be in a rural area you might be able to explore our beautiful state. Our playgrounds are once again open for use, what a great opportunity now to get out and communicate with people you know or complete strangers even, as you socially distance with your family at a park or playground. Some ideas to keep the kids occupied during the holidays are to try doing a 'park tour' of a different park in your approved area over the holiday period.

An art project communicating what your favourite community park represents to your family could be a fun way to fill in the holiday. Whether that be drawing, painting or stick and bark pictures it is up to you. Happy holidays!



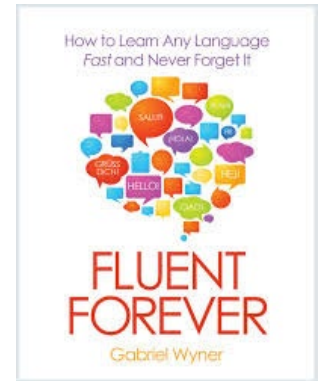


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## FRIENDS

Have you and your friends changed your vocabulary since Covid arrived on our shores? A topic of conversation could be how many new words or phrases we have picked up since the pandemic began and guess when you might be using them? It is as if a whole new language came into our lives since the start of 2020. For example, 'Can you hear me?', Rona, 'Super-spreader', 'Unmute yourself' are some that come to mind and who will ever forget 'Social Distancing'? How many are you going to get in your list? You could even create a Covid Bingo!



## COMMUNITY/NEIGHBOURS

Many industries have been hit hard by the Covid-19 lockdowns, not least the music industry. Singing in all its forms is a great way of communicating. Whether in local church & community choirs or in professional choirs associated with organisations like the Melbourne Symphony Orchestra, it provides important health benefits to those participating and those listening. The MSO have put together a wonderful virtual choir rendition of Paul Kelly's Leaps and Bounds, (complete with film clips of some of Melbourne's famous landmarks), to be shared with the community. We thought you might like to see this MSO community effort which you can share with your family and friends. Use the following link to access this bit of fun:

<https://www.youtube.com/watch?v=3beZpPOFkXk>

