

STAYING CONNECTED

WITH YOUR COMMUNITY

- HEALTH & WELLBEING
- PUZZLES & TRIVIA
- SERVICES



Congratulations everyone on making it through one of the most extraordinary winters on record! Now, the days are getting longer, the weather warmer, the trees greener and hopefully the restrictions are closer to being eased.

These last few months have been a good time to reminisce and share memories of past adventures and experiences cherished. Thank you to those who have sent their 'Favourite Place' cards back. It's been a pleasure reading them. We look forward to seeing more and sharing them with you in future newsletters. For me, my favourite place is anywhere with spectacular scenery and a feeling of connection to the environment. Whether I'm hiking mountains in Nepal or wandering gardens in Europe, I find nature and our amazing planet inspiring. Here is a photo of me at Treble Cone – a place with truly remarkable snow-capped surroundings on the south island of New Zealand.

Whilst we can't give you a firm date when the Canterbury and Marwal Centres will be opening for face-to-face programs again we can continue to offer you a plethora of activities to keep you engaged from home.

Inside you'll also find a double sided flyer with a list of online resources to take advantage of. This is a great time to make the most of your email addresses, computers and iPads that

are craving your use! There's something for everybody ranging from the arts and film to exercise, so be sure to check it out.

We've been very grateful to receive masks that have been kindly made or donated by our volunteers. If you're in need of a mask, Meals on Wheels, Podiatry, a regular phone call or would like to join any of our weekly telephone/ Zoom social groups please give us a ring.

Tom Edwards
Social Support Coordinator

my

favourite
place

YES.

Favourite Places

In our August edition we asked you to let us know about a place that is special to you. Your past adventures, travels or celebrations that make your heart sing. Below are some of our favourite places that we've been daydreaming about these past few months. Please keep sending the cards and photos in. We'll be sharing them in the newsletter over the next few issues. If you'd like another card and self-addressed envelope please give us a ring.



Waking up to rays of sunlight streaming through the towering trees, braving a quick dip in the icy river each afternoon, sitting around a roaring campfire after dark, drifting off to sleep listening to croaking frogs and the ever present sound of water rushing over the rocks. The Howqua River is one of my favourite places to go camping.

Judy Russell – Learn Laugh and Lunch Coordinator



Sue and I camped at Seal Rocks in Spring 2019. It's a seaside village just past Buladelah on the northern NSW coast. It is isolated and peaceful. The waters are pristine and it is an ideal spot for a solo swim and some awesome whale and dolphin watching. The memory of that lonely swim is a nice thought to keep me going during our current lockdown.

Sue and Bob McQuillen – Exercise Instructors



The Murray River is a great spot to unwind - even on the hottest day. Each year we spend time kayaking at Cobram and boating at Mannum in SA.

Janet Brown – Client Liaison Officer

zoom concert with ANJA & ZLATNA

The Melbourne Recital Centre bring us a live concert from the comfort of your own home. **Anja & Zlatna** is a vibrant ensemble which fuses the beauty of traditional melodies from the Balkans with 17th-century practices and improvisations.

WEDNESDAY
23rd SEPTEMBER
10.45am for an 11.00am start

To book call 9880 4709 or email us at socialsupport@basscare.org.au to get involved. No Zoom experience necessary, it's as simple as a click! We can help get you connected on your computer, mobile phone or iPad.



Health & Wellbeing

Am I doing exercise accidentally?

Possibly! You may unknowingly be more active than you think. Incidental activity is a great way to be active and maintain your independence.



Some examples of how to increase your incidental activity throughout the day include:

- **GARDENING** in short bursts (~10 minutes) at a moderate intensity.
- **STRETCHING** - break up sitting time (eg: computer or TV use) with some basic movements like sitting & standing from your chair every hour or completing upper body exercises during advertisement breaks while watching TV.

- **GET MOVING!** Accumulate walking steps throughout the day as you complete daily tasks. 30 minutes of walking amounts approximately to 4000 steps. You can have some fun tracking this on your phone or a pedometer.

Think about what opportunities you have to be physically active during your day and aim to achieve 30 minutes of moderate intensity activity each day.

Matthew Azzopardi – Exercise Coordinator



Whether you're looking for two little ducks, legs eleven or even two fat ladies, you'll find them at our 'do it from home' Bingo sessions. Join us for a bit of fun and healthy competition to see who has bragging rights as the BASScare Bingo champion.

**TUESDAY 15th & 29th
SEPTEMBER at 2pm**

This is how it works:

1. Phone **9880 4709** to register your interest.
2. We'll send you Bingo cards and further details in the post.
3. Call in from any home phone or mobile on the day.
4. We'll read out all the numbers and you mark them off on your Bingo card.
5. **Fun to be had and prizes to be won!**

SEPTEMBER FUN & GAMES

Brain Games Trivia (phone)
Mondays weekly

Exercise class catch ups (phone)
Tuesday, Wednesday & Thursday

Zoom Trivia (online)
Wednesday 9th and 23rd

Learn Laugh and Lunch Sessions (online)
Wednesday Weekly

Movie Group (phone)
Thursday weekly

BASScare Outings get together (phone)
Friday Weekly

Pottery Catch-Up (phone)
Friday fortnightly

If you'd like to join any of these phone or online activities please give Bec or Janet a call on 9880 4709.

ACROSS

4. I can smell it
9. Pull them out of your hat
11. Edward did this for love
13. A tribute set in stone
14. Good at cards
16. Word for a thing
20. Smarten up
21. Not asking
22. Goes on and on
23. Appreciates a sweeping gesture
24. Who flies at night
25. Spot these dogs
26. Swap your cow for these

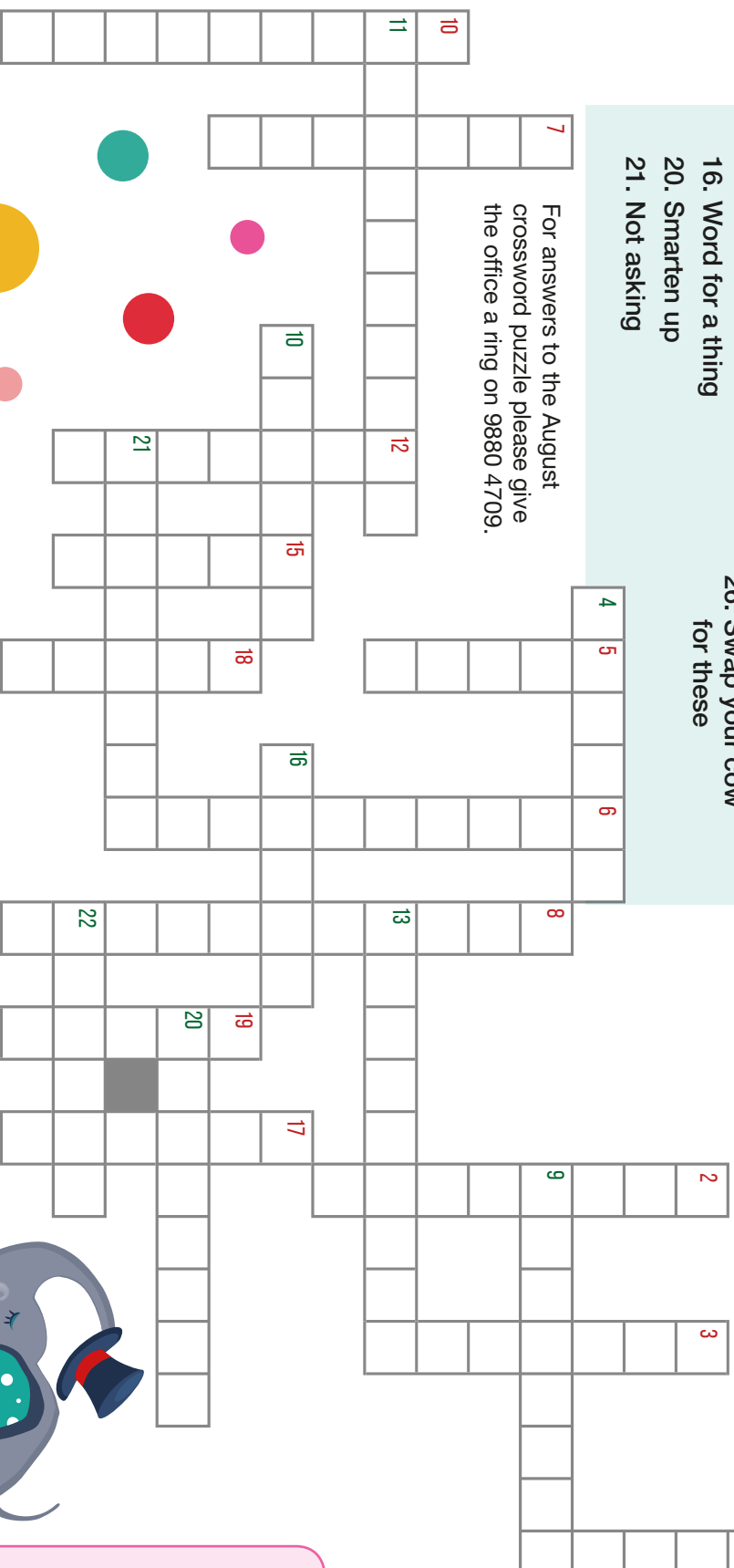
JUMBO

crossword puzzle

DOWN

1. This city is golden
2. Take it off
3. Saddle up partner
5. Romance could start here
6. Seeking a higher power
7. This doll might hurt
8. Got a pink slip
10. Sick of this spread
12. He's a Spanish devil
15. Not a cross word
17. This always wins
18. No worries at all
19. I'll show you

For answers to the August crossword puzzle please give the office a ring on 9880 4709.



3	4	2	7	6	1	8	5	9
8	7	1	9	5	4	6	2	3
5	6	9	8	2	3	4	1	7
6	8	5	4	7	2	3	9	1
4	9	7	1	3	8	2	6	5
1	2	3	5	9	6	7	4	8
7	1	8	6	4	9	5	3	2
9	3	4	2	8	5	1	7	6
2	5	6	3	1	7	9	8	4

TRIVIA ANSWERS Edition 5 - August 2020

1. Tea
2. Four - England, Scotland, Wales and Northern Ireland
3. Crocodile Dundee
4. An Army of frogs
5. Melbourne, Australia
6. The Boer War
7. The Volga
8. Chubby Checker
9. The Platypus and the Echidna
10. Oscar Wilde

Our Brain Games presenter, Garry, has put together another activity to keep your mind active.

