

engaged.



JULY 2022

From Chelsea

Hi everyone! This month's theme throughout our villages and for our *Engaged* newsletter is athletes and sport. Throughout the month we are getting our village communities ready for the Commonwealth Games which will be held in Birmingham from 28 July to 8 August.

Sport has been a big part of my life and I have huge appreciation for the hard work and long hours our athletes put into their sports. For many years I was a figure skater and coach which now feels like a lifetime ago but the skills and life experiences I have to show for it are something I will never forget.

Throughout the month, let's all take a moment to remember a favourite sporting moment we have had or witnessed and take time to support the athletes who will be wearing our national emblems with proud. Enjoy this special month of celebrations and we will be back next month with a new edition and new theme.

See you then!



Chelsea

Chelsea Richdale

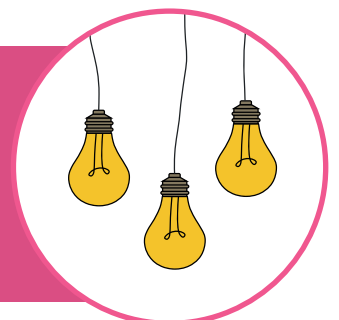
Operations Activity and
Lifestyle Coordinator



Commonwealth Games facts

- Since 1930 the Commonwealth Games have grown from 11 countries and 400 athletes to 6,600 athletes from 72 nations and territories.
- Often known as the 'friendly games' the event inspires athletes to compete in the spirit of friendship and fair play.
- The 2022 Games mascot is a bull named Perry.
- The Queen's Baton Relay started on 7th October 2021 with her Majesty the Queen placing her message to the Commonwealth into the baton, which is on its 294-day trip to every area of the commonwealth!
- There will be five new sports added to this year's Games: road cycling, table tennis, judo, triathlon, and wrestling.

Have you got something to share with us for *Engaged*? We are looking for ideas from our readers! If you have something you would like to add to our newsletter from recipes to a short story or poem, we would love to hear from you. Email: Engaged@rymanhealthcare.com



WORDSEARCH – ATHLETICS

Find the words in the grid – backwards, forwards, up, down, or diagonally.

- | | |
|-------------|-------------|
| ANCHOR | LAP |
| ATHLETE | LEG |
| BATON | LONG JUMP |
| BELL | MARATHON |
| BRONZE | MEDAL |
| COACH | POLE VAULT |
| CROSSBAR | RECORD |
| DASH | RELAY |
| DECATHLON | SEMIFINAL |
| DISCUS | SHOES |
| DISTANCE | SHOTPUT |
| FALSE START | SILVER |
| FIELD | SPIKES |
| FINAL | SPLIT |
| FOUL | SPRINT |
| GOLD | START |
| HAMMER | BLOCKS |
| HEAT | TOE BOARD |
| HEPTATHLON | TRACK |
| HIGH JUMP | TRIAL |
| HURDLES | TRIPLE JUMP |
| JAVELIN | WALK |
| LANE | ZONE |

F A L S E S T A R T R A B S S O R C
 C T A L R R E M M A H B R T C P F R
 N R I H E Q V A I D H N A Q J E Y S
 G I R M C B G R R B U R Y X A N P T
 E P T L O Q W A C E T R A C K O U D
 G L A L R H C T Q B L Y C G D Z L R
 O E D N D A S H L C O A C H B U A A
 L J L N C B R O N Z E Y Y A O E N O
 D U E I J H C N F S T N T F Y T I B
 E M I L S K O L P Y O O Y K S L F E
 P P F E S U J R W L N L T O H U I O
 Q M O V H E I S H H O H A W O A M T
 S H U A K N L T P N E T N S T V E M
 S I U J T L A D G I H A U G P E S E
 L N L L H T A J R L K C T V U L P D
 A P A V P G U W E U S E C H T O L A
 N P E E E M I T O I H D S P A P I L
 E X H J P R E H D I S T A N C E T A

BOOT MAZE

Trace your way through the winter warmer boot maze without crossing any of the lines.



WORDBUILDER

How many words of 3 or more letters, including plurals, can you make from the puzzle letters, using each letter only once? No foreign words or words beginning with a capital are allowed. There's at least one winter warming 5-letter word in puzzles 1 & 2.



Good 15
 Very Good 20
 Excellent 26



Good 8
 Very Good 10
 Excellent 13

There's at least one winter warming 6-letter word in puzzles 3 & 4.



Good 13
 Very Good 17
 Excellent 21



Good 17
 Very Good 21
 Excellent 25

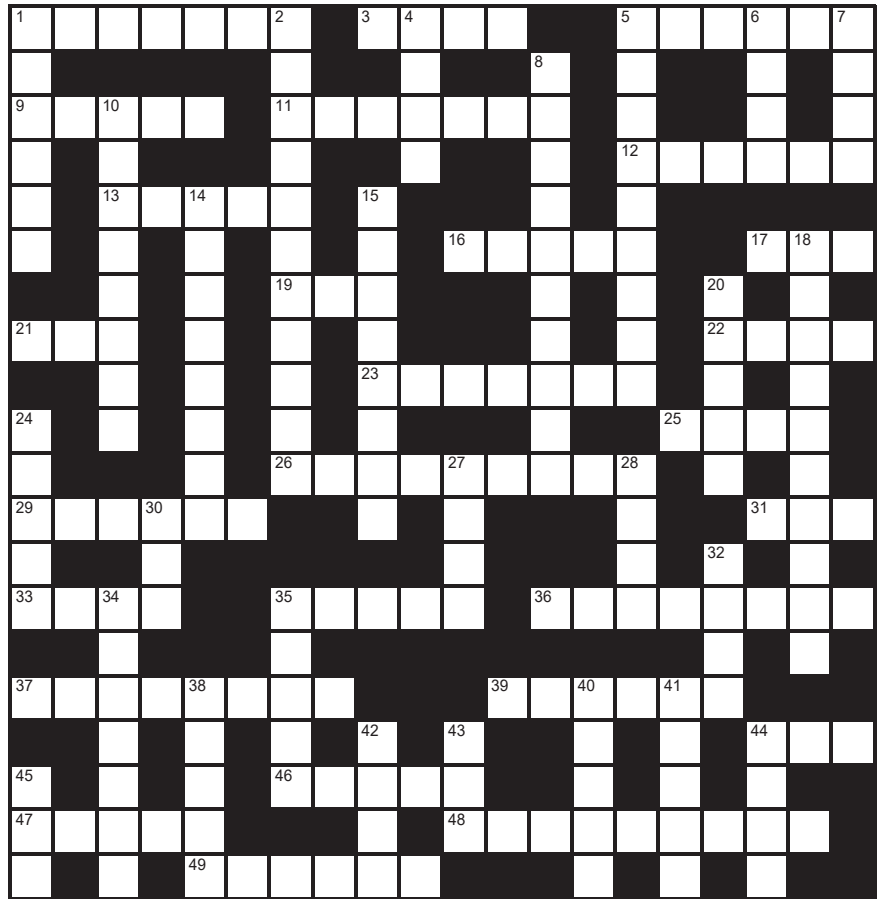
Colour me!



VILLAGE crossword

Across

1. Frames runners jump over (7)
3. Follow the rules (4)
5. Item thrown in field event (6)
9. Gold, silver or bronze (5)
11. Track and field participant (7)
12. Fastest member of a relay team (6)
13. Measuring point for a section of a race (5)
16. Trainer (5)
17. Feeling ____, below par (3)
19. One stage of a relay (3)
21. Was victorious (3)
22. Proficient (4)
23. Athletics spear (7)
25. State of supreme focus, in the ____ (4)
26. Race before a final (4-5)
29. Excused from a regulation (6)
31. Consumed (3)
33. Old name for sprint (4)
35. Set try out for a team (5)
36. Boundary in some throwing events (3,5)
37. Horizontal pole in high jump (8)
39. The best mark in a sport (6)
44. Expression of admiration (3)
46. Good or bad luck (inf) (5)
47. Course in a marathon (5)
48. Highest leaping event (4,5)
49. Grip aids on track shoes (6)



Down

1. Throwing event (6)
2. Equipment used to commence sprint race (5,6)
4. Sound used to indicate final lap (4)
5. Sport comprising 10 events (9)
6. Possible reward in professional athletics (4)
7. Another name for crossbar (4)
8. Women's sport with seven events (10)
10. Length of a race (8)
14. Single leap field contest (4,4)
15. Event that uses Fosbury flop (4,4)
18. 'Jumping the gun' (5,5)
20. Relay stick (5)
24. Athletics events can be track or ____ (5)
27. An illegal throw (4)
28. Lined area in which athletes run (4)
30. A measure of speed (abbr) (3)

32. Colour of first place medal (4)
34. Ball throwing event (7)
35. Oval area for runners (5)
38. Footwear (5)
40. Sound from a crowd (5)
41. Team race (5)
42. At liberty (4)
43. One circuit of a track (3)
44. Type of long distance race (4)
45. Action that assists in running (3)

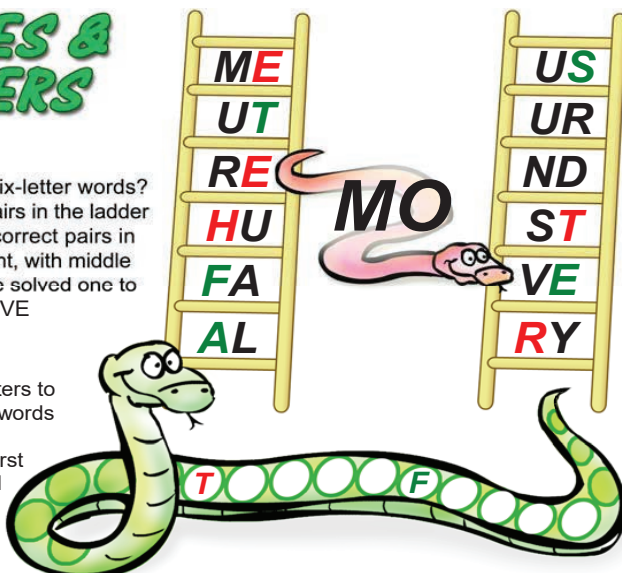
SNAKES & LADDERS

Puzzle One

Can you solve the six-letter words? Connect the letter pairs in the ladder on the left with the correct pairs in the ladder on the right, with middle letters **MO**. We have solved one to start you off: REMOVE

Puzzle Two

Use the coloured letters to make two five-letter words on the snake's back. We have given the first letter of the red word and the green word.



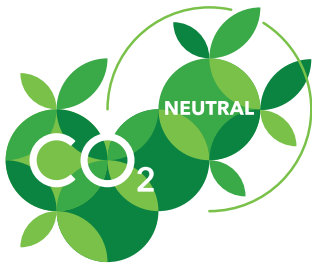
TRIO

The four words in the puzzle below can be completed using a three-letter sequence. Can you find it?

1.
 - ___ _ _ T
 - F ___ _ A
 - D ___ _ T
 - L ___ _ CH

Birmingham Commonwealth Games Fun Facts

The Birmingham 2022 Commonwealth Games are aiming to be the first-ever carbon-neutral Games.



The Birmingham 2022 Commonwealth games are actually the 22nd Commonwealth Games.

The Games mascot, Perry the Bull, was inspired by a design created by a 10-year old! Her name is Emma Lou and she was the winner of a national mascot design competition in 2020 open to children between the ages of 5-15.

In an historical first for global sporting events, there will be more women's events than men's events.

This year's Games will have more para sports than ever before, with eight para sports now confirmed, including Para Table Tennis.

Colour me!



Hot Apple Pie Punch (Non-alcoholic)

Looking for a delicious drink to warm up this winter? Hot apple pie punch is the perfect answer.

It's a dessert for any time of the day! This recipe is simple, so whip some up for games night or to enjoy with a movie.

Ingredients

2L apple juice

1 ½ tsp ground cinnamon

1 tsp ground nutmeg

¼ tsp ground cloves

2 tsp vanilla essence

6 scoops of vanilla ice cream

Optional garnishes: apple crisps, cinnamon sticks, whipped cream

Method

Add the apple juice, cinnamon, nutmeg, cloves, and vanilla essence to a large pot over medium heat. Bring to a gentle simmer.

Once heated through, remove from the heat and add the vanilla ice cream. Immediately whisk until the scoops combine with the hot apple juice mixture.

As the ice cream is whisked through the hot juice it will create a nice frothy head for your drink.

Serve while still hot and frothy. Garnish with your preferred toppings.

If you're looking for a twist, add a splash of dark rum for a warming kick. With something for everyone, there's plenty to love about this drink!



SUDOKU

Fill in the grid so that every row, column and 3x3 box contains the digits 1 to 9

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

Easy

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

Medium

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

Hard

WORDFIT

Fit the words into the grid to create a finished crossword. We have given 3 to get you started.

					R	O	A	S	T						

3 LETTERS

ACT
ADO
ART
BIN
CAP
EGO
ELF
ELM
END
ERA
GAS
GEM
ODD
ONE
OPT
ORE
OUR
PIE
RIB
SAD
SET
SOU
TEA

TWO
USE
YOU

4 LETTERS

AFAR
AILS
AREA
ARTY
BUTT
CARS
CHEF
DAIS
EAST
EDDY
ETCH
EVEN
HURT
IBIS
KISS
KNEW
KNOT
LAUD
LAVA

MESS
MYTH
NAIL
OURS
PEAK
PEEP
RATS
RITE
ROCK
ROMP
SCOW
SEEM
SHOD
~~Soup~~
SUEZ
SWAY
TEEM
THOR
TOOK
TRAP
TREE
TSAR
USER

WRIT
ZINC

5 LETTERS

AMIGO
ARRAY
~~Gotta~~
EDITS
EMERY
FLUTE
GENIE
HUTCH
INURE
JOLTS
LEGIT
LEPER
LUNGE
NOTES
PINTO
PISTE
REEFS
~~Roast~~
SAHIB

SHOOT
TAPES
TEASE
TINEA
TODDY
TRIUM
UNCAP
UNCUT
UNTIL
VAGUE
VENOM

6 LETTERS

BEATER
JIGSAW
TURNIP
UNITES

7 LETTERS

COURAGE
CUSTODY
TERRIFY
TROPICS

NUMBERFUN

Fit the numbers into the grid. (Hint: Start by fitting the longer numbers.)

2 Digits

51
81

3 Digits

158
213
648
956

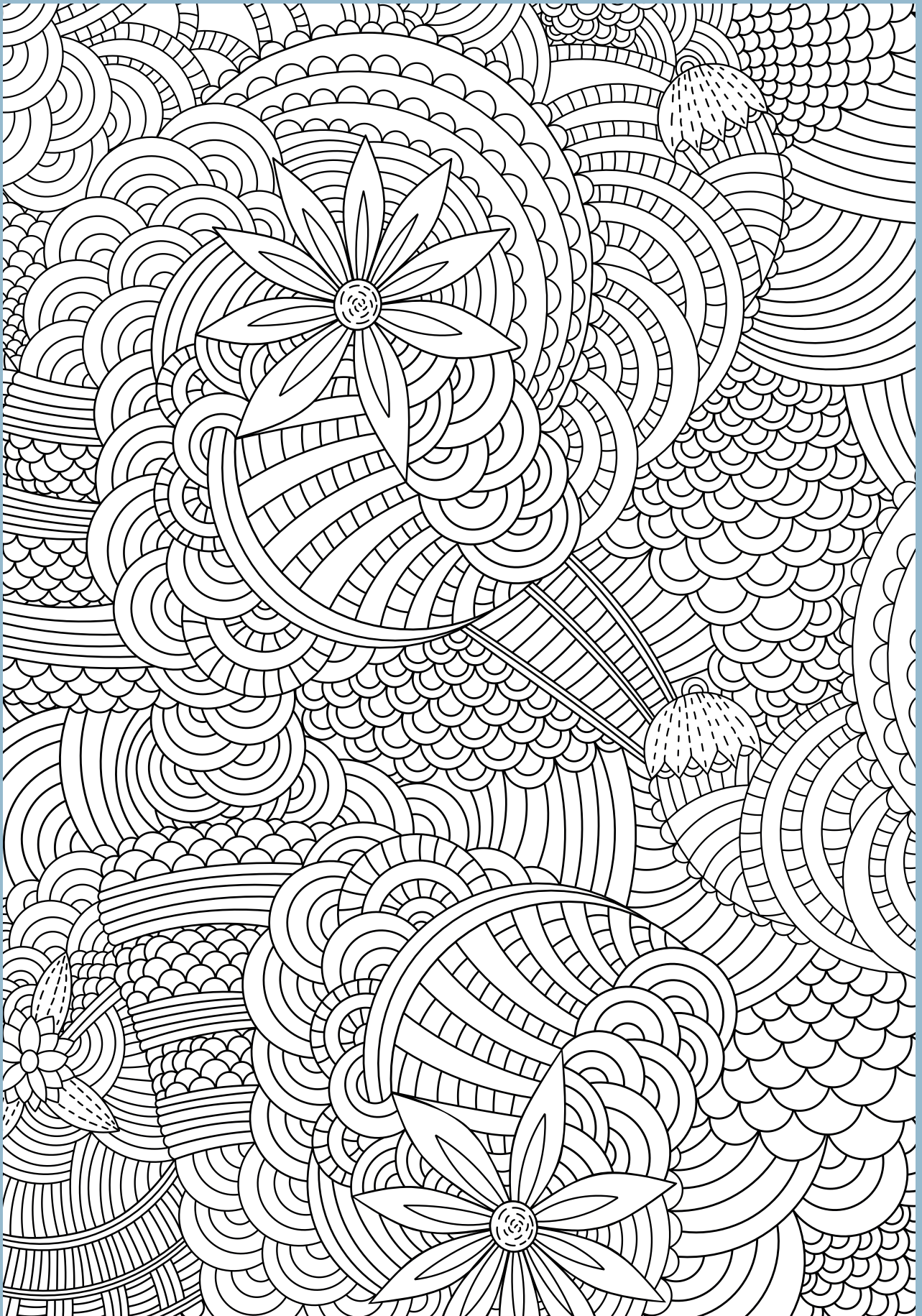
6 Digits

331627
506109

7 Digits

1508272
3051025
7478600
8049263

Colour me!



Colour me!





Walking to waterfalls

Getting out for a walk is always good, but it's even better when you have a beautiful waterfall as your destination. These ones are all accessible via an easy walk.

Whangārei Falls - Northland, NZ

Whangārei Falls sits a stone's throw from Whangārei centre and 2.5 hours from Auckland. Finding the falls is easy. Drive the sealed road to a carpark on Boundary Road where you'll find a well-maintained picnic spot. From there, take the wheelchair friendly walking path to the upper lookout. Prepare yourself for 'ooh-ing' and 'aah-ing' when confronted with this waterfall!

Hunua Falls, Auckland, NZ

This dramatic waterfall can be found 1 hour's drive from Auckland City on sealed roads. From the carpark, follow an easy walking track for 5 minutes to the waterfall's lower lookout. From here you can choose to walk to a second lower lookout where you can touch the base of this powerful waterfall or follow an equally easy trail to the upper lookout.

Purakaunui Falls, Catlins, NZ

Cascading 20 metres over three tiers of rock, Purakaunui is an easy 20-minute walk from the carpark. Nestled in the

Catlins, this stunning waterfall is one of Aotearoa's most iconic and photographed wonders. Follow the short wheelchair accessible trail through a podocarp and beech forest to the top viewing platform.

Olina Falls, Dandenong Ranges, Vic

Olina Falls are situated in the beautiful Dandenong Ranges and are a short 350m walk from the car park to the upper platform and another 140m down to the Lower Falls (1km return trip). The shady path is fringed by ferns and towering Mountain Ash trees.

Steavenson Falls, Marysville, Vic

Steavenson Falls at 122 metres is one of Victoria's highest waterfalls. There are a few walking tracks and the area is famous for lyrebirds. Park at the Steavenson Falls car park and walk 700m to the top viewing platform or another 350 metres to the bottom viewing platform. Or, you have the option to walk 3.4km from the centre of Marysville to the base of the falls.



Without touching the paper or marking them off, count the flies.



DECODER

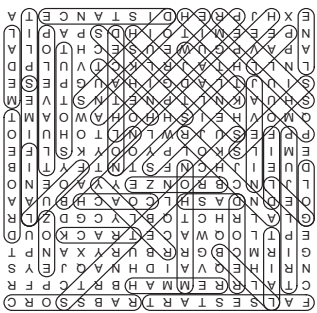
Each number in the grid represents a letter of the alphabet. Enter the given letters in all squares with matching numbers. Work out which letters are represented by the remaining numbers. All 28 letters of the alphabet have been used.

6	25	22	1	11	1	23	20			22		20	
3		19		20		1		6	1	11	25	12	
18	12	1	23	20	9	22	4	3		4		8	
2		6		10		18		20		15	12	18	
19	20	6	11		14	4	7	7	3	20		1	
		20		2		3		15				9	
17	4	9	15	25	12		13	20	20	24	3	20	
18				20		24		7		25			
22		3	18	16	18	9	21		1	11	20	10	
11	25	20		1		20		1		4		20	
1		15		22	14	20	20	11	20	E	N	20	7
13	1	15	5	11		26		2		1			4
21		21			10	21	11	5	1	2	4	3	

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13													
													T	N											
14	15	16	17	18	19	20	21	22	23	24	25	26													
						E																			

solutions

WORD search



WORD fit



There are 69 flies. You should not have counted the spider or other insects.

EASY SUDOKU

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

MEDIUM

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

NUMBER fun

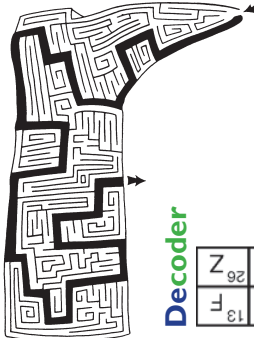
7	4	7	8	6	0	9
2	2	2	2	2	1	1
6	4	8	9	5	6	0
1	0	4	0	0	0	0
3	0	5	1	0	2	5
3	1	5	8	0	0	0

HARD

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

CROSSWORD
Across: 1. Hurdles, 3. Obey, 5. Discus, 9. Medal, 11. Athlete, 12. Anchor, 13. Split, 16. Coach, 17. Off, 19. Leg, 21. Won, 22. Able, 23. Javelin, 25. Zone, 26. Semi-final, 29. Exempt, 31. Aie, 33. Dash, 35. Trial, 36. Toe board, 37. Crossbar, 39. Record, 44. Wow, 46. Karma, 47. Route, 48. Pole vault, 49. Spikes.
Down: 1. Hammer, 2. Start blocks, 4. Bell, 5. Decathlon, 6. Cash, 7. Spar, 8. Heptathlon, 10. Distance, 14. Long jump, 15. High jump, 18. False start, 20. Baton, 24. Field, 27. Foul, 28. Lane, 30. Mph, 32. Gold, 34. Shotgun, 35. Track, 38. Shoes, 40. Cheer, 41. Relay, 42. Free, 43. Lap, 44. Walk, 45. Arm.

BOOT maze



Decoder

14	W	15	G	16	X	17	J	18	U	19	K	20	E	21	Y	22	S	23	V	24	B	25	O	26	Z
13	F	12	N	11	T	10	M	9	R	8	Q	7	D	6	P	5	H	4	A	3	L	2	C	1	I

WORD builder

1. art, arts, ats, oar, oars, oast, oat, oas, ors, ort, rat, rats, ROAST, rot, rota, rotas, rots, sat, soar, sora, sort, sol, star, stoa, tar, taro, taros, tars, tor, tors, tosa, tsar

2. cedi, CIDER, cred, cried, dice, dicer, die, dire, ice, iced, icer, ide, ire, rec, red, rice, rid, ride

3. are, arm, awe, ear, era, err, mar, mare, maw, mew, ram, rare, raw, rawer, ream, rear, rearm, REWARM, war, ware, warm, WARMER, wear.

4. den, doe, don, done, due, dun, dune, duo, end, eon, fed, fen, fend, fend, foe, fond, FONDUE, found, fun, fund, nod, node, nude, ode, one, undo, unfed.

Snakes & Ladders
 MEMORY, UTMOST, REMOVE, HUMOUR, FAMOUS, ALMOND, THREE, FEAST.

TRIO

There are 69 flies. You should not have counted the spider or other insects.

FLY

There are 69 flies. You should not have counted the spider or other insects.