

# engaged.



1 OCTOBER 2021

## From Chelsea

Hello Everyone! Welcome to another week's edition of *Engaged*. This week's theme is one very close to my heart, Active Ageing!

This is a really cool theme that is internationally recognised during the first week in October. Active ageing is about recognising that while we are all ageing, we can remain active to meet our wellbeing needs, both physically and mentally.

We should continue to challenge ourselves and set ourselves goals each and every day. It might be taking an extra loop on that garden walk or even around the floor you live on (of course always maintaining social distancing and safety precautions), or joining the Triple A class with all your friends. It might be finishing that puzzle that you started weeks ago but just haven't got round to finishing. Life is all about finding your balance.

Remember it is never too late to start being active, one small step at a time. But most importantly, have fun along the way.

Enjoy your weekend,



*Chelsea*

**Chelsea Richdale**

Operations Activity and  
Lifestyle Coordinator



### Challenge your mind with these tongue twisters!

Peter Piper picked a peck of pickled peppers. How many pickled peppers did Peter Piper pick?

Can you can a can as a canner can can a can?

She sells seashells by the seashore

I have got a date at a quarter to eight; I'll see you at the gate, so don't be late!

Ed had edited it. (three times!)

### Send us your content!

We would love to hear from you!

Email us at  
[engaged@rymanhealthcare.com](mailto:engaged@rymanhealthcare.com)

### Don't forget to keep hydrated!

My tip is always have a drink bottle or jug & glass of water close by to sip on throughout the day.



# SUDOKU

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

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

Easy

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

Medium

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

Hard

# TRIO

The words in this puzzle can be completed using the same three-letter sequence. Can you find it?

PAN \_ \_ \_  
 \_ \_ \_ ING  
 EN \_ \_ \_  
 \_ \_ \_ ST

# TOTALISER

The answers to these questions are all numbers. Added up, they will total 304.

- How many legs does a spider have?
- How many hours are there in a week?
- According to Paul Simon how many ways are there to leave your lover?
- How many points of the compass are there?
- What do the Roman numerals XL represent?
- What number is opposite 20 on a dartboard?
- How many chambers does the human heart have?
- What is the value of the green ball in snooker?
- What is the total number of spots on a dice?
- In Scrabble, what is the letter P worth?

# CROSSWORD

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

## ACROSS

- Wealthy (inf) (6)
- Valiant (6)
- Section of a book (7)
- Map book (5)
- Single sheet of paper (4)
- Meander (5)
- Haggard and thin (5)
- Liveliness (4)
- Occasion (5)
- Female aristocrat (7)
- Right or appropriate for someone or something (6)
- Deny (6)

## DOWN

- Capitals (5,7)
- Erode (3,4)
- Pulsates (5)
- Lawfully (7)
- Christmas decoration (5)
- Till (4,8)
- Dance step (9)
- Big cat (7)
- Confused (5-2)
- Danger (5)
- Was sore (5)

# SOLUTIONS

## Totaliser

1, 8, 2, 168, 3, 50, 4, 4, 5, 40, 6, 3, 7, 4, 8, 3, 9, 21, 10, 3

## Trio

TRY

Down: 1. Block letters, 2. Eat away, 3. Beats, 4. Legally, 5. Holly, 8. Cash register, 9. Promenade, 14. Panther, 15. Mixed-up, 18. Peril, 19. Ached.  
 Across: 6. Loaded, 7. Heroic, 10. Chapter, 11. Atlas, 12. Leaf, 13. Amble, 16. Gaunt, 17. Zing, 20. Event, 21. Duchess, 22. Suted, 23. Refute.

## Crossword

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

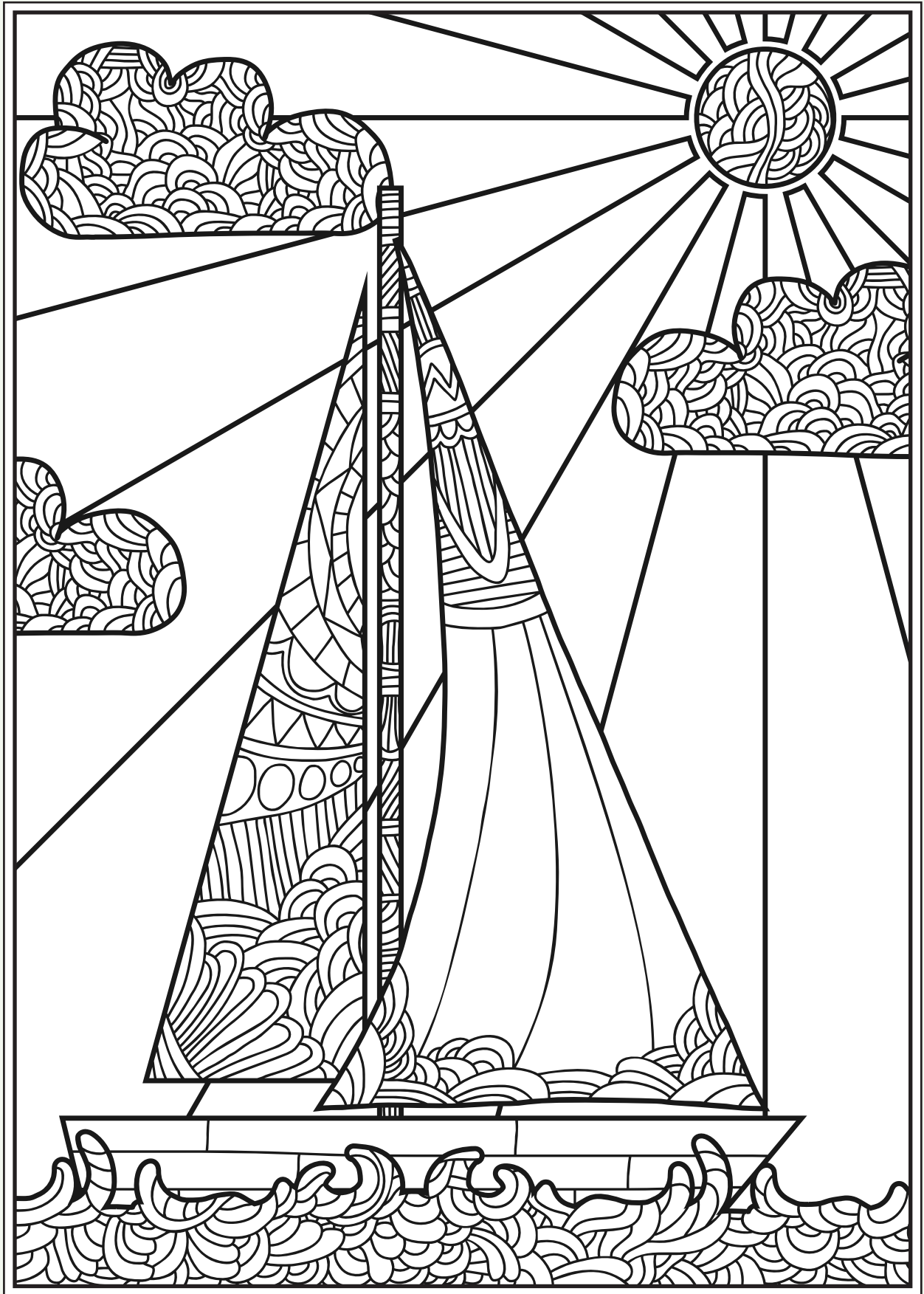
## Sudoku

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

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

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

Colour me!





## Triple A exercises

Here are some of our Triple A exercises that you can try in your own home! Work at your own pace, take breaks and always have a chair or bench to hold onto if you get the wobbles.

### Shoulder rolls

1. Start standing with feet at shoulder width apart with soft knees.
2. While you inhale, bring your shoulders up as high as you can towards your ears.
3. Once you have brought your shoulders as high as possible, roll your shoulders back as you exhale.
4. This will allow you to open your chest.
5. Repeat 8-10 times, focusing on taking your time throughout the movement.

### Side turns

1. Sitting nice and tall, feet placed hip width apart on the floor.
2. Clasp hands together in front of your midline, making sure to tuck your arms in towards your ribcage.
3. Rotate your torso and upper body including clasped hands to the right. Encourage your head to follow your torso.
4. Hold your gaze and position to the right for 3 counts. Return to forward facing.
5. Repeat step 3 and 4 to the left side.
6. Focus on your breath, the movement pattern of your torso turns.
7. Repeat this movement 6 to 8 times while alternating left and right.

### Knee lift with extension

1. Stand with your feet at shoulder width and arms by your sides.
2. Lift your right knee up, towards your right shoulder and extend the right leg to the front (imagine kicking a ball) then return the right leg to knee lift position.
3. Place your right foot back down and repeat the movement with the left leg.
4. Focus on the pace of the movement and not to rush the extension to challenge balance. Continue to alternate this movement for 1 minute.

**Tips:** Make sure to have a chair, bench or table nearby for safety and balance. Please remember to always be over-cautious.

### Marching with rolling arms

1. Start marching legs on the spot. Once you have a good pace add rolling arms.
2. Rolling arms are completed by hands in fist shape and rolling over each other, this will be travelling up and down the body in front of body.
3. Start the movement within the central part of the body rolling up to shoulder height and lowering to the navel.
4. Maintain the timing of the march and rolling arms for 1 minute.