

# engaged.



03 DECEMBER 2021

## From Chelsea

Welcome to *Engaged*. This week's theme came to me after a wee tumble on my roller-skates. By now I am sure you have all clicked to my love for sport, exercise and ice skating. During lockdown I treated myself to a shiny new pair of roller-skates to reminisce and enjoy my glory days of figure skating without the cold temperatures, and of course the added freedom to skate around the neighborhood.

The skating was going swimmingly until I got a bit too big for my boots and tumbled straight to my knee. Let's just say my knee and confidence have both been bruised from the concrete and the tumble. But it felt great to have this hobby back in my life!

This got me thinking about how life can get so busy, but it is so important to continue to challenge yourself and to have fun with hobbies that keep you on your toes! I would not recommend jumping straight back into the hobby where you left off, but why not start again slowly or even give something new a go?



*Chelsea*

**Chelsea Richdale**

Operations Activity and  
Lifestyle Coordinator



### Hobbies

The following are the most common hobbies around the world. How many can you tick off the list?

- Reading
- Travelling
- Fishing
- Crafting
- Television
- Bird watching
- Collecting items
- Music
- Gardening

### Send us your content!

We would love to hear from you!

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

### Lifestyle blog

Don't forget to continue to check the Ryman Lifestyle blog for interesting articles, and inspiration for craft projects including ideas for making your Christmas presents this year: [www.rymanhealthcare.com.au/lifestyle](http://www.rymanhealthcare.com.au/lifestyle)



# SUDOKU

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

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

Easy

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

Medium

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

Hard

## TRIO

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

**B** \_ \_ \_ \_  
**M** \_ \_ \_ **ED**  
**K** \_ \_ \_ **LE**  
**W** \_ \_ \_ \_

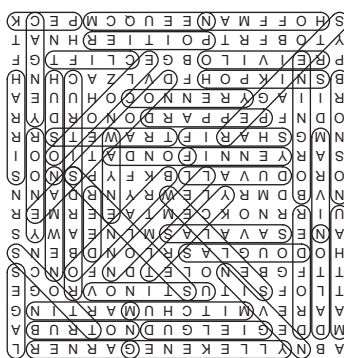
## WORDsearch – Women on the silver screen

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

- |          |          |          |           |
|----------|----------|----------|-----------|
| ANDRESS  | DIETRICH | LOREN    | SPACEK    |
| ANDREWS  | DUNAWAY  | MACLAINE | STANWYCK  |
| BACALL   | FARROW   | MONROE   | STREEP    |
| BANCROFT | FONDA    | MOREAU   | STREISAND |
| BARDOT   | GABOR    | NOVAK    | TAYLOR    |
| BERGMAN  | GARDNER  | O'HARA   | WATTS     |
| CHRISTIE | HEPBURN  | REDGRAVE | WEAVER    |
| COLLINS  | KEATON   | REED     | WELCH     |
| CRAWFORD | KELLY    | REYNOLDS | WINTERS   |
| DAVIS    | KERR     | ROGERS   | WOOD      |
| DAY      | KIDMAN   | SEYMOUR  | WOODWARD  |
| DENEUVE  | LEIGH    | SMITH    | WYMAN     |

## SOLUTIONS

### Wordsearch



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

Easy

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

Hard

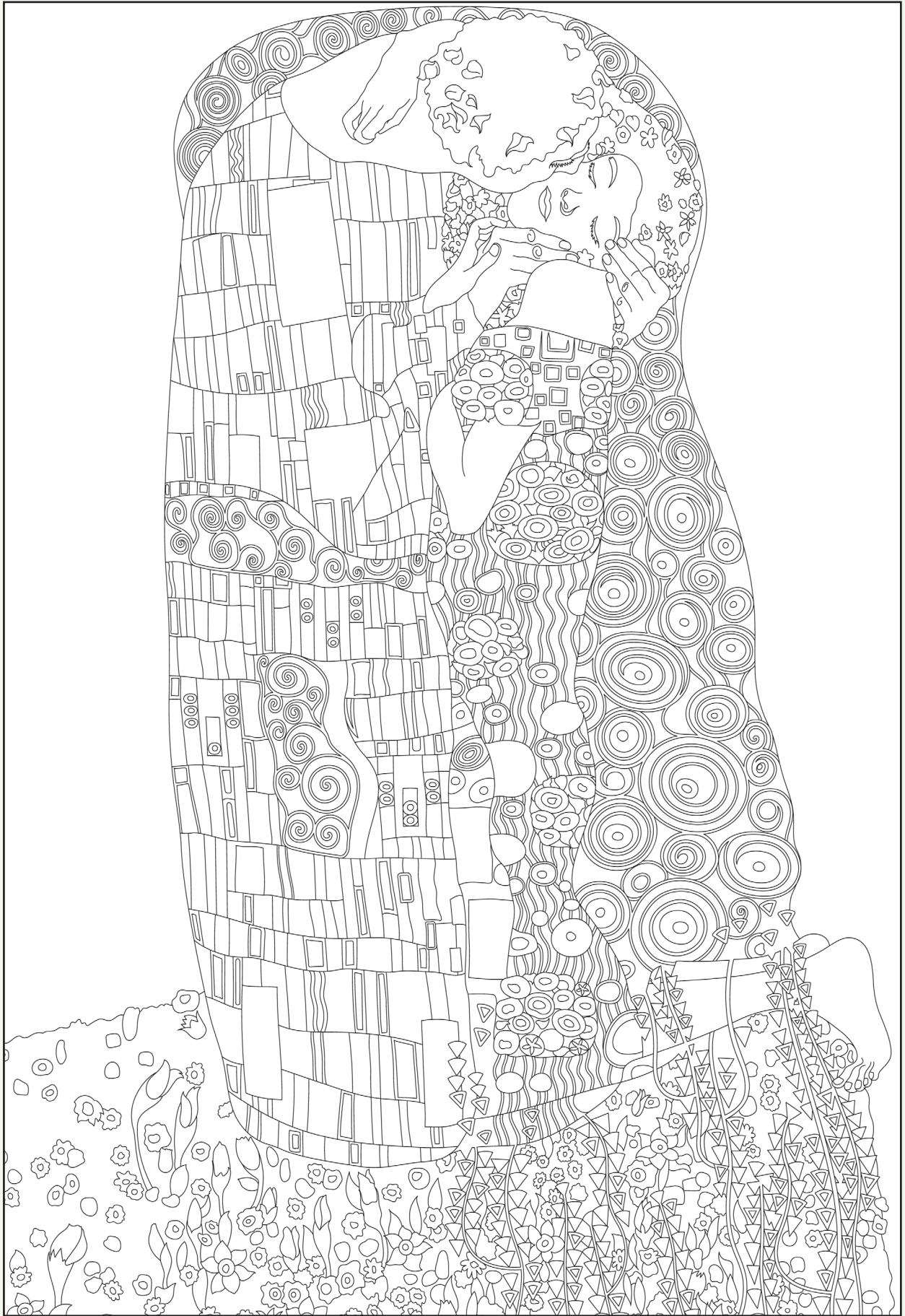
### Sudoku

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

Medium

### Trio DNI

Colour me!





## Books to support your health and wellbeing

### **Exhausted to Energized - *Dr Libby Weaver***

Nutritional biochemist Dr Libby Weaver shows that exhaustion is not normal or healthy - it is a warning sign of imbalance in our lifestyle, emotions or body. She reveals the wide range of reasons why you could be feeling so tired, which differs for everyone. Identify the causes of your fatigue, and learn simple but effective strategies to liberate yourself from exhaustion and live life with more energy.

### **10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge - *Dan Harris***

After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists to find an effective way to tame the voice in his head.

### **The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life - *Piero Ferrucci***

This is a stirring examination of a simple but profound concept. Piero Ferrucci, one of the world's most respected transpersonal psychologists, explores the many facets of kindness and argues that it is this trait that will not only lead to our own happiness and the happiness of those around us, but will guide us in a world that has become cold, anxious, difficult, and frightening.

### **Recipes for Your Perfectly Imperfect Life - *Kimberley Snyder***

The New York Times bestselling author of the Beauty Detox series, nutritionist, and personal development expert Kimberly Snyder offers us a powerful new guide to help us feel good, eat well, dispel insecurities, and increase our love of life.

### **Brain Rules - *John Medina***

*Brain Rules* demonstrates how our brains work. Each chapter shows things scientists already know about the brain, and things we as people do that can affect how our brain develops. The reader will also discover amazing facts about the brain — such as the brain's need for physical activity for it to work at its maximum potential.