

# engaged.



19 NOVEMBER 2021

## From Chelsea

Welcome to *Engaged!* This week's edition is the world of music. Music has an infectious effect on everyone, whether it is singing, humming, tapping toes or just bobbing your head. Music brings back memories, and can help create memories and emotions.

We all remember a song that is close to our heart, whether it is the first song you danced to at your wedding or a song you used to sing to in the local choir or singing group. For me it is the music that I skated to as a competitive figure skater that brings back moments of pure joy, pride, and fun. It is almost as though time stops and I can relive the moment of being on the ice, wearing the crystal covered dresses and showing the skating world what I could do.

Why not take some time this week to listen to a favourite song or playlist in the sun, take a moment to reminisce and maybe even dance a little in your own style.

Have a great weekend!



*Chelsea*

**Chelsea Richdale**

Operations Activity and  
Lifestyle Coordinator



### A few ways to listen to music:

- **Spotify:** A music platform that can be downloaded free of charge or you can pay for a monthly ad-free membership.
- **Apple music:** A music platform that you can download and receive the first few months free.
- **Stream a radio station:** Most radio stations offer live radio through their website.
- **YouTube:** An on-line music and video platform which allows the user to explore a variety of topics, music and videos.

### Send us your content!

We would love to hear from you!

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

### Did you know?

*Hurian Hymm No.6* is considered the world's earliest melody, but the oldest musical composition to have survived in its entirety is a first century A.D. Greek tune known as the '*Seikilos Epitaph*'.



# SUDOKU

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

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

Easy

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

Medium

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

Hard

# TRIO

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

S \_ \_ \_ E  
 \_ \_ \_ EN  
 IN \_ \_ \_ E  
 MIS \_ \_ \_ E

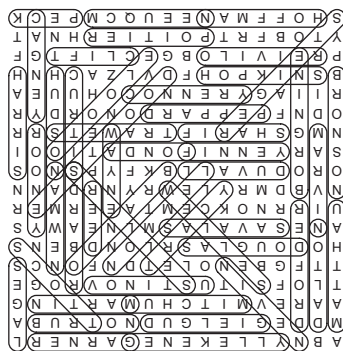
# WORDSEARCH – Men on the silver screen

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

- |          |            |         |         |
|----------|------------|---------|---------|
| BORGNINE | FONDA      | MCQUEEN | ROONEY  |
| BRANDO   | GARNER     | MITCHUM | SAVALAS |
| BRONSON  | GENE KELLY | NEWMAN  | SCOTT   |
| BURTON   | GIELGUD    | NIVEN   | SEGAL   |
| CAGNEY   | HARRIS     | OLIVIER | SELLERS |
| CLIFT    | HOFFMAN    | O'TOOLE | SHARIF  |
| CONNERY  | HOPKINS    | PECK    | STEIGER |
| CURTIS   | HUDSON     | PEPPARD | STEWART |
| DALTON   | LEMMON     | POITIER | TRACY   |
| DOUGLAS  | MARTIN     | REDFORD | USTINOV |
| DUVALL   | MARVIN     | REED    | WAYNE   |
| EASTWOOD | MATTHAU    | ROBARDS | WELLES  |
| FINNEY   |            |         |         |

# SOLUTIONS

## Wordsearch



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

## Sudoku

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

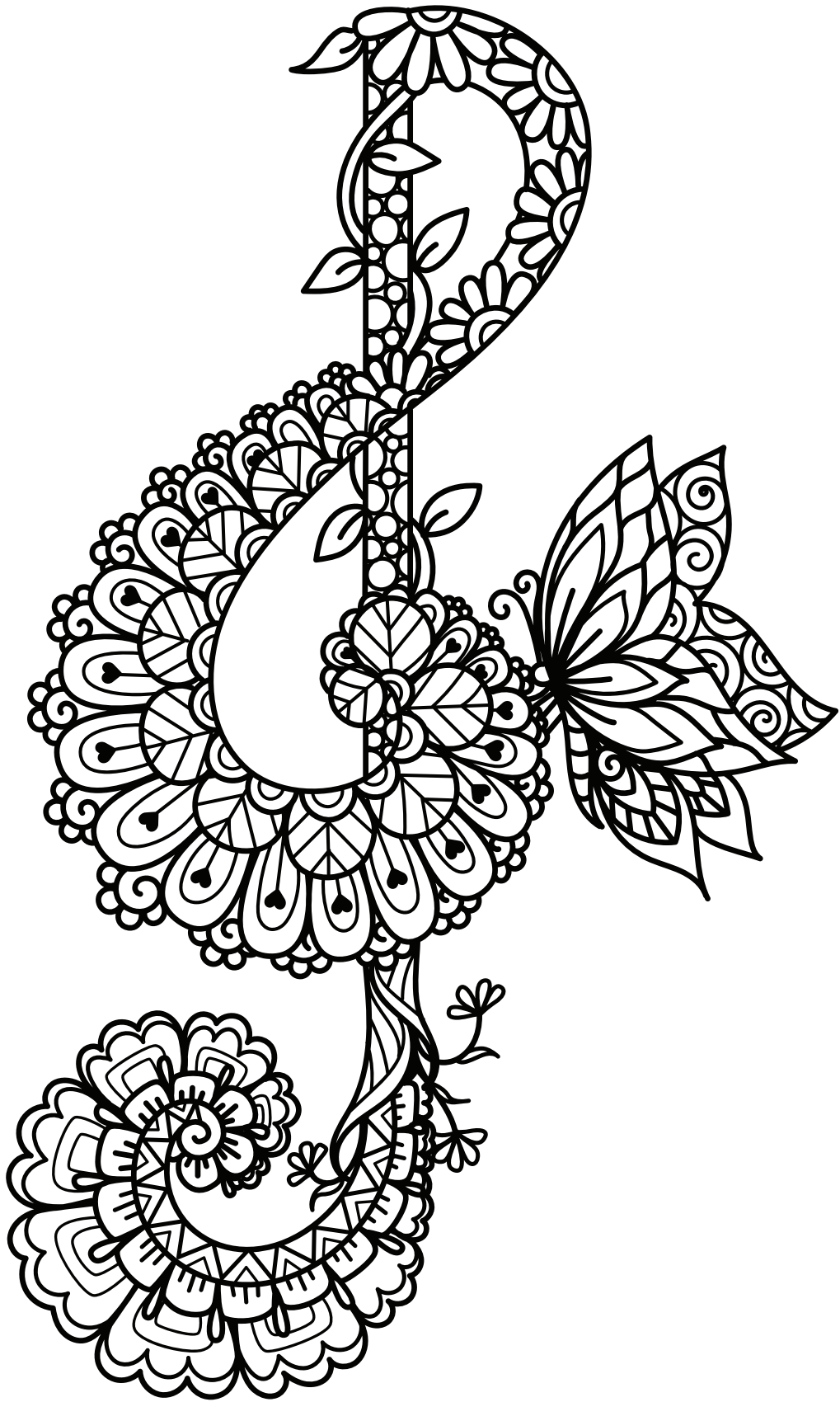
Medium

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

Hard

## Trio

Colour me!





## Five Stunning Summer Annuals

There's nothing quite like a summer garden full of vibrant blooms. Whether you're just starting out with gardening or are looking for new inspiration to add to an existing garden, here's a list of five statement summer annuals that will thrive in a Kiwi environment.

### **Love in the mist**

This plant thrives in the same dry, sunny conditions as roses, making it their ideal companion plant. A must-have in any style of summer garden, this reliable and classic annual blooms in hues of blue, white, and purple. A rare treat is its fine, feathery leaves. Its stems are a welcome addition to florist bouquets and home-cut vase displays. Colour, texture, contrast, and an attention-grabbing presence – this plant has it all!

### **Statice**

Statice gives a vibrant pop of colour while being uniquely suited to drying for bouquets and home décor. A great one to grow in advance of winter crafting projects! Easy to grow, the plant will flourish in the garden as well as a pot. Have your secateurs handy because this pretty number thrives with frequent pruning. There are plenty of colours available.

### **Sweet Pea**

This plant grows dainty, elegant flowers and is a consistently popular summer annual among experienced gardeners. Right at home in a cottage garden, a sweet pea plant will do equally well in a vegetable garden or growing up a garden trellis, provided it's protected from strong winds. It loves frequent hydration and grows well in the garden or a pot.

### **Petunia**

A petunia plant will adore basking in summer heat provided it's watered. Once established, this stunning flower requires little maintenance, which is great if you spend your summers adventuring and have limited time for gardening. Plant it in a sunny spot and make an effort to avoid the easily damaged flowers when watering, focusing instead on hydrating the plant.

### **Sunflower**

This plant epitomises summer – bold, bright, yellow, and sun-loving. A sunflower is a sensational choice for brightening up your garden or balcony. And all it asks for in return is plenty of organic matter in the soil and regular watering. A sunflower will rotate its head to follow the sun throughout the day. Once in full bloom, its brightness will be contagious and bring a smile to any face!

