



22 OCTOBER 2021

From Chelsea

Welcome to this week's edition of Engaged!

The spring weather has been a welcome sight for many, and I have definitely noticed the changing look of flowers and plants in my garden. Isn't it marvellous to see all these things bloom?

Speaking of blooming, congratulations to the winners for our *Reminiscence* short story competition! They are named on the back page of this newsletter. We had a large number of entries, and it was very hard to pick three winners, so we have also included some honourable mentions for stories that we felt were also particularly good. With permission from the authors, we will make some of these stories available for you to read.

This week I recommend getting outside and seeing the changing scenery, listening to the wonderful sounds and taking a moment to recentre and enjoy the world we live in.



Chelsea
Chelsea Richdale
Operations Activity and
Lifestyle Coordinator



Let's explore on-line:

Underworld live feed: Direct from the the reef to your living room. www.natureaustralia.org.au/what-we-do/our-priorities/oceans/ocean-stories/reef-cam-underwater

State Library Victoria: Explore online galleries, ebooks and history www.slv.vic.gov.au

Australian Music Vault: Explore exhibits, stories and music throughout the past and present www.australianmusicvault.com.au

Send us your content!We would love to hear from you!

Email us at engaged@rymanhealthcare.com

Sleep Observations

After a really good sleep, your mind is sharper, you have more energy and you feel refreshed and ready to take on the day. Read more at: www.rymanhealthcare.com.au/lifestyle/health-and-wellbeing/sleep-observations



SUDOKU

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

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| Hard | | | | | | | | | | | | | |

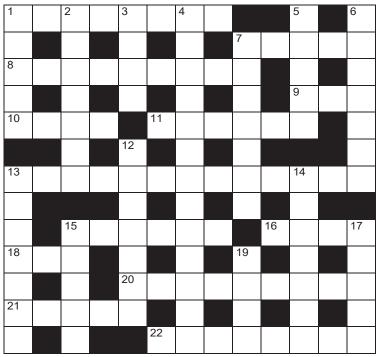
Across: 1. Athletes, 7. Proof, 8. Newspaper, 9. Ace, 10. Move, 11. Proper, 13. Christmas cake, 15. Ailing, 16. Stub, 18. Lad, 20. Shillings, 21. Plugs, 22. Ignorant, Down: 1. Annum, 2. However, 3. Espy, 4. Experimenting, 5. Polar, 6. Offence, 7. Propose, 12. Useless, 13. Cyclops, 14. Antenna, 15. Add up, 17. Beset, 19. Also.

TOTALISER

The answers to these questions are all numbers. Added up, they will total 161.

- 1. In a calendar year, how many months have 31 days?
- **2.** What is 25% of 300?
- 3. How many sides does a decagon have?
- **4.** In snooker how many points is the pink ball worth?
- 5. How many people make up an octet?
- 6. What is the next prime number after 13?
- 7. How many permanent teeth should an adult have?
- 8. How many legs does an insect have?

CROSSWORD



ACROSS

- 1. Sportspeople (8)
- 7. Evidence (5)
- 8. Printed daily bulletin (9)
- 9. Winning serve (3)
- 10. Shift (4)
- 11. Fitting (6)
- 13. Fruity Yuletide treat (9,4)
- 15. Unwell (6)
- 16. Butt (4)
- 18. Young boy (3)
- 20. Old coins (9)
- 21. Stoppers (5)
- 22. Uneducated (8)

DOWN

- 1. Year (Latin) (5)
- 2. Nonetheless (7)
- 3. Catch sight of (4)
- 4. Trying something new (13)
- 5. Arctic or Antarctic (5)
- 6. Crime (7)
- 7. Make a suggestion (7)
- 12. Serving no purpose (7)
- 13. Mythical one-eyed creature (7)
- 14. Feeler (7)
- 15. Make sense (inf) (3,2)
- 17. Attack from all sides (5)
- 19. As well (4)

6 7

L 9

8 9

SOLUTIONS

Totaliser

1. 7, **2**. 75, **3**. 10, **4**. 6, **5**. 8, **6**. 17, **7**. 32, **8**. 6

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Colour me!



