

engaged.



26 NOVEMBER 2021

From Chelsea

Welcome to another week and another edition of *Engaged!* Can you believe it's only four weeks until Christmas? The countdown is definitely on to the festive season, and I for one am very excited. Christmas is such a memorable and magical time. I think this year we all deserve to have an extra special Christmas after a marathon year!

A lot of people this year have already started the festivities with the annual Christmas decorating happening well before the first of December. I know I have considered breaking the tradition and getting the tree, decorations, and keepsakes out early.

Although celebrations may look a little different this year, it's time to start making plans for how you will celebrate this special event for 2021. My plans are centred around family, sun, fun and hopefully some relaxing moments. Christmas and summer are almost upon us and I can't wait!



Chelsea

Chelsea Richdale

Operations Activity and
Lifestyle Coordinator



How many of these Christmas traditions do you follow?

- Watching Christmas movies
- Set up the Christmas tree
- Set up lights and decorations outside
- Hang mistletoe
- Attend or host a traditional Christmas dinner
- Bake cookies
- Decorate a gingerbread house
- Take part in secret Santa (gift exchange)
- Send Christmas cards
- Hide an elf on the shelf

Send us your content!

We would love to hear from you!

Email us at
engaged@rymanhealthcare.com

Christmas Countdown!

Why not start a Christmas countdown! Either by getting crafty and hanging this in your window for the passing world to see or go digital and download an app from either the Android or Apple App store on your mobile or device. Just search Christmas Countdown and select one!



SUDOKU

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

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

Easy

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

Medium

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

Hard

TOTALISER

The answers to these questions are all numbers. Added up, they will total 204.

1. It is generally accepted the human tongue can detect how many tastes?
2. How many times did Roger Federer win the Wimbledon men's singles?
3. How many zeros are in one trillion?
4. What number is the key of the door?
5. How many elements are on the Periodic Table?
6. According to an old English proverb, a cat has how many lives?
7. On most phones, what number key features the letters M, N, and O?
8. How many sons does Queen Elizabeth II have?
9. How many books are in the popular Harry Potter series?
10. How many players are there in a rugby union team?

CROSSWORD

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

Across

1. Cut of stewing meat (5,5)
6. Impressive or heroic (4)
9. One who ruins a good time (10)
10. Stingy (4)
12. Judge incorrectly (12)
15. Great confusion (7)
16. Teller (7)
17. Current (7)
19. Lap (7)
20. Equipment used for jumping exercise or game (8,4)
23. Tiny amount (4)
24. One of the first antibiotic drugs (10)
25. Painful (4)
26. Directly below (10)

Down

1. Money (4)
2. On top of (4)
3. Toy with constantly changing patterns and colours (12)
4. Usual (7)
5. Synthetic textile fibre (7)
7. Perilous (10)
8. Bless (10)
11. Payment for a newspaper or magazine (12)
13. Numerical data (10)
14. Owner (10)
18. Portable light (7)
19. Ornamental ceiling edge (7)
21. Biting insect (4)
22. Imperial measure (4)

SOLUTIONS

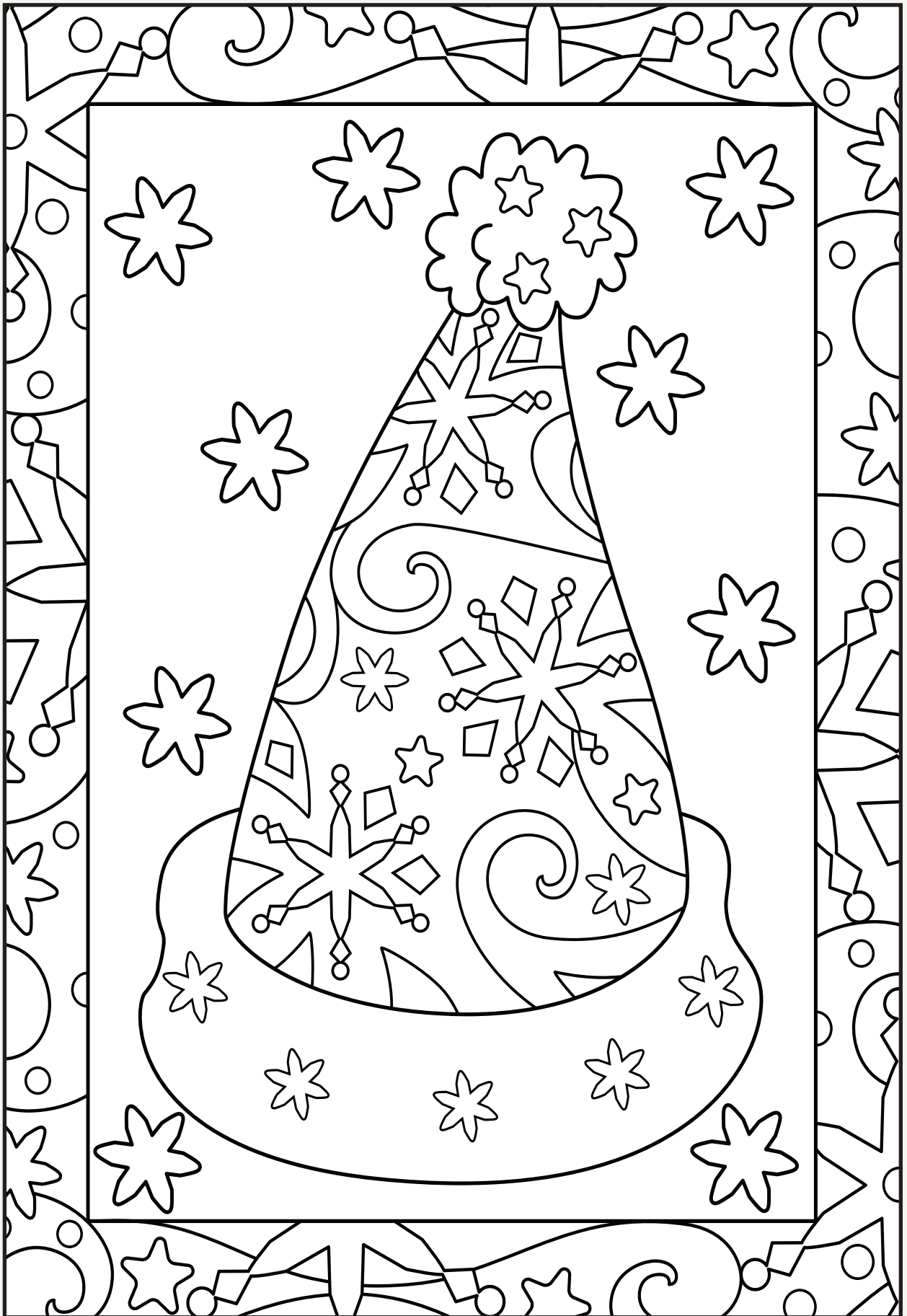
Totaliser

1	5	2	8	3	12	4	21	5	118	6	9	7	10	15	9	7	10	15	9	7	10	15	
2	7	3	1	6	5	8	9	4	1	6	5	8	3	2	7	8	3	2	7	8	3	2	7
3	5	7	9	2	6	1	9	2	6	1	9	2	6	1	9	2	6	1	9	2	6	1	9
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13	9	2	5	4	3	1	6	7	8	9	2	5	4	3	1	6	7	8	9	2	5	4	
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15	5	4	9	6	5	8	3	2	7	1	5	4	9	6	5	8	3	2	7	1	5	4	
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17	6	7	4	9	2	8	1	3	5	6	7	4	9	2	8	1	3	5	6	7	4	9	
18	2	8	7	3	9	4	5	6	1	2	8	7	3	9	4	5	6	1	2	8	7	3	
19	7	3	1	2	8	6	9	5	4	3	1	2	8	6	9	5	4	3	1	2	8	6	
20	5	4	9	7	1	3	2	8	6	5	4	9	7	1	3	2	8	6	5	4	9	7	

Crossword

- Across:** 1. Chuck steak, 6. Epic, 9. Spoilsport, 10. Mean, 21. Flea, 22. Inch.
- Down:** 1. Cash, 2. Upon, 3. Kaleidoscope, 4. Typical, 5. Acrylic, 7. Precarious, 8. Consecrate, 11. Subscription, 13. Statistics, 14. Proprietor, 18. Lantern, 19. Cornice, 26. Underneath.

Colour me!



Pay it forward craft ideas

A single act of generosity can cause a chain reaction of positivity. And it's easy to do! Let someone with fewer items go first at the supermarket. Smile at a passer-by. Pay for a stranger's coffee. Often, the other person will be grateful and help someone else – in no time at all your small act of kindness will have travelled the world!

POT OF INSPIRATION

We all need a mood lift from time to time. Seeing an upbeat message is sometimes all it takes to summon a smile and brighten a gloomy day. Try this fun craft for a gift that keeps on giving.

Materials

- Plant pot
- Paint
- Permanent marker
- Wooden skewer
- Indoor plant and potting mix
- Thick card
- Scissors
- Tape

Method

1. Paint the pot with colours that suit the recipient's décor and let dry. Write a large, positive message on the pot with the marker.
2. Pot the plant using indoor potting mix and water lightly.
3. Cut a rectangle from the card and write 'For You' on it. Attach the card to the skewer and press the skewer into the potting mix. Gift to a friend!

BOX OF LOVE

Give someone you care about a sweet gift to boost their confidence and have them smiling from ear to ear. Here's a box of hearts to make someone's day – every day!

Materials

- Tissue box, empty
- Wrapping paper
- Pen
- Tape
- Scissors
- Paper
- Gift tag

Method

1. Remove the plastic lip from the tissue box.
2. Wrap the box, leaving a little excess around the box opening to fold inside for a clean finish. Tape into place.
3. Cut the paper into 1 gift tag and 25 heart shapes. Write an uplifting message on each heart and place them in the box.
4. Write "Pull a heart for a pick-me-up!" on the gift tag and give the box to someone you care about.

