

Active Lifestyle

'Balloonatic': Exercise with Maureen



Residents of Bowral House love this weekly exercise group which combines physical activity with social interaction and mental stimulation.

The aim is to make exercise fun, using large colourful balloons, while conversing, reminiscing and quizzing. During these activities, residents find out about each other's interests and past history, and catch

up on local news. It's great for those with limited mobility as residents can sit or stand or use hands or feet. And it's safe!

Two volunteers help with the activity, which runs for up to two hours, depending on the participants' energy levels. Residents stop for afternoon tea, and during the break Maureen reads articles of interest to them, or brings in items from home to discuss.

D. Steller Bowral House



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Enjoyable Activities for Everyone

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Active Minds, the cognitive activity program run every Thursday morning, has become very popular. The DVDs include 10 sets of special interests and provide stimulating memories for our residents. The Movie section and Sydney Landmarks have scored high marks, and each time we repeat any of the programs the scores improve.

We have a discussion group on Monday mornings, which provides everyone with a weekly program, involving topical events and current affairs. A new talk group has just started, covering the life stories of famous artists, such as Leonardo Da Vinci and Vincent Van Gogh. This has provided lots of interest and reveals the wealth of knowledge possessed by the residents of Avalon House.

For those who want to relax the mind, Tai Chi continues to be popular, and the Master has expressed how well his students are improving each time. Yoga is on the program for Sunday morning—it has been running for over a year. The moves are simple and manageable in a chair.

Additional exercise is encouraged, so we have walks in the community on Tuesday mornings. We use the boardwalk that takes us over to the playing field and we meet up with local people walking their dogs. There's also a walkathon around the building at Avalon House, some residents managing eight laps on their walking frames. They usually end up in the coffee shop, meeting up with other residents.

The sitting exercise groups are fun and full of laughter. The moves are done with physiotherapeutic instruction. Music assists the moves, and is enjoyed by everyone. The class finishes with meditation and relaxation.

Carpet Bowls has a lot of dedicated players and their enthusiasm shows when we compete with Mona Vale House for the trophy!

Linda Buttle
Avalon House