

# What's On in DECEMBER 2011

## My Trainer

'My Trainer' is a light to moderate exercise program conducted by James, a qualified personal trainer / gym instructor. No cost involved. So come along and work up a sweat Thursday morning's.

See Mike

## Meals on Wheels

Maroondah City Council Volunteer Program that delivers meals to the aged and infirm, every 2nd Friday morning, in the Ringwood area. See Michelle

## Art

Two Art Programs at Lifeworks. Thursday Project Art for December—create a 2012 calendar, cards or wrapping paper. (see Calendar for December / January Art Program) Friday's Art is for individual pursuit. See Diane.

## Leisure Walk

A great way to socialize as well as exercise. The drive gets you away to a variety of pleasant and enjoyable scenic destinations, for a relaxed state of mind. See Mike

## Men's & Women's Group

A great way to meet people and hang out with either the girls or guy's. Various activities, including Movies, BBQ's, Pool Comp's & Combined Sports Days, just some activities undertaken within the 'respective' groups (Men/Women) on Monday's.

See Chris or Mike

## Ten Pin Bowling

An all time favorite on Monday afternoon's. Meet at Lifeworks. Bus leaves promptly at 2:30 don't be late.

See Michelle.

## Bushwalks

These walks are a little more of a challenge but are rewarding. Every 2nd week the 1000\* Steps are climbed just to keep everyone on their toes.

**\*Please note: A Doctor's Clearance is required to participate in this walk.** See Paul.

## MIND BODY SPIRIT

A great way to help get your 'Body & Mind' back on track. Every 2nd Tuesday, (Except for December & January see Calendar) we combine low impact exercises, meditation and ... occasionally, create a healthy lunch together. See Chris

## LET'S JAM

People with musical skills and with their own instruments are encouraged to participate and learn old & new songs, as well as contribute to the growth & development of the Lifeworks Band and its Emerging Sound. Singers & Instrumentalists are always welcome.

**Note Time:** 1.00 — 3.00 See Mike

## Indoor Sport & Outdoor Walking

This program sponsored by ReLink, encourages the concept of exercise and activity being beneficial to an individual's recovery.

You don't have to work yourself up to a sweat to gain the benefits of moving your limbs.

For the competitive energetic types there is indoor cricket and hand ball for example.

Others may wish to play a game or two of carpet bowls or take a stroll at Lilydale Lake.

## 2 hour pamper session - Spoil yourselves

Only \$10.00. Make your own way to -

**Morrison's Training Centre,  
24 Main St, Lilydale**

Easy to get to by public transport. If you have any questions - or to book an appointment -

Please call **9737 6388**.

## Why Exercise?

Scientific evidence suggests there are many benefits to being physically active. Here are a few.

- **Weight Management**
- **Cancer Prevention**
- **Stress Management (Better mental health outcomes)**
- **Improved Sleep patterns**
- **Fun and enjoyable (endorphins released)**
- **Improved social outcomes**
- **More energy**
- **Lowering blood pressure and managing cholesterol**
- **Improved physical health**

## Some exercise ideas

Walking (by yourself, with others, or the dog, is an inexpensive way to exercise. Make a regular time to walk. Keep a log and increase your distance little by little.

(Conditioning takes time). Set yourself a target. Join a walking group at Lifeworks or a walking club in your local area.

Participate in My Trainer - it's 'FREE' Join in on the indoor sports day, that's 'FREE' also.

## Tuesday's Acapella Singing Group Or Alternatively.. Songwriting / Poetry Group Open Minded Discussion and Group Writings

This is a new Program with the group meeting on Tuesday afternoon's from 2.30 to 4.00. Here's your opportunity to join a group of 'like minded' folk. Come with a view to having fun, and keep an open mind. Check your calendar for any changes. See Mike.

Please note -

## Christmas Party December 12

You will need to make your payment of \$7.00 / Head by Tuesday December 6th - to any of the staff.

## Funnies

- When I die, I'm leaving my body to science fiction
- I think it's wrong that only one company makes the game Monopoly.
- Curiosity killed the cat, but for a while, I was the suspect.
- It doesn't make a difference what temperature a room is, it's always room temperature.
- If one synchronized swimmer drowns, do all the rest have to drown too?
- I was trying to daydream, but my mind kept wandering.
- It's a small world, but I wouldn't want to paint it.