

Age UK South Gloucestershire is here to help **YOU**

Did you know that we are still here and we can help with any of the following:

- » Collecting your food shopping
- » Collecting prescriptions
- » Visiting you in your home
- » We can give you a call to check you are well, if there is anything you need or simply to have a chat

These are a few of the things we are doing to help you through this difficult time. Please give us a call on 01454 411707 if you need us.



## Staff profile - Julia from the Activity Day Centre

I was born in Kingswood. I am married with 2 grown up children, Lauren, 25 and James, 22 and I'm really interested in family histories especially yours! I love to keep fit at the gym with my husband, and I am now in training to become a grandparent! (Any tips would be great!)

I was born on April 9th 1969 when Concorde flew its maiden flight from Bristol. Can you guess my age?





## This month in history - April

- The Royal Air Force is founded (1918)
- Red Rum wins the Grand National for the 3rd time (1977)
  - New York's World Trade Centre is completed (1973)
- The Beatles hold the top 5 spots in the US Singles chart (1964)
- The ship Great Western left Bristol on her maiden voyage (1838)
  - Bananas, went on sale for the first time in London (1633)
    - King George VI & Queen Elizabeth were married at Westminster Abbey (1923)
- The first cordless telephone went on sale in the UK (1983)



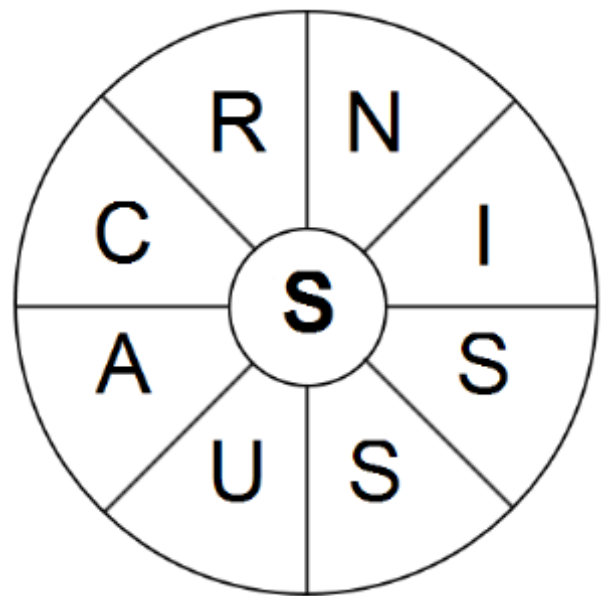
## Sights and sounds in the garden...

- What flowers are in bloom?
- Have you spotted any birds? Are they singing and chattering?
- What's the weather like?
- How many different insects can you spot?
- What can you smell?



Spring is one of the four seasons that comes after Winter and before Summer. During the Spring the Earth's axis starts to tilt towards the sun so the days become longer and warmer. It is the time when hibernating animals wake up and flowers start to bloom.

The Spring themed word wheel on the right is made from a 9 letter Spring themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter S.



Word wheel answer: narcissus

The Spring themed Word Scramble below features 10 Spring themed words which have been scrambled. See if you can unscramble them to see what they are.

gges \_ \_ \_ \_

lraip \_ \_ \_ \_ \_

rowsfel \_ \_ \_ \_ \_

amy \_ \_ \_

unybn \_ \_ \_ \_

sosherw \_ \_ \_ \_ \_

febutyrlt \_ \_ \_ \_ \_

hathc \_ \_ \_ \_

retesa \_ \_ \_ \_ \_

trihebr \_ \_ \_ \_ \_



# General Knowledge Quiz



1. What would you typically store in this?
- A) Printer Ink
  - B) Film for a camera
  - C) Sewing Needles
  - D) That is just a rubbish bin

2. What is this?
- A) A public 911 telephone
  - B) Drive-in speakers
  - C) Walkie Talkies
  - D) A school intercom system



3. What is this?
- A) A toaster
  - B) A portable heater
  - C) A dish rack
  - D) A napkin holder

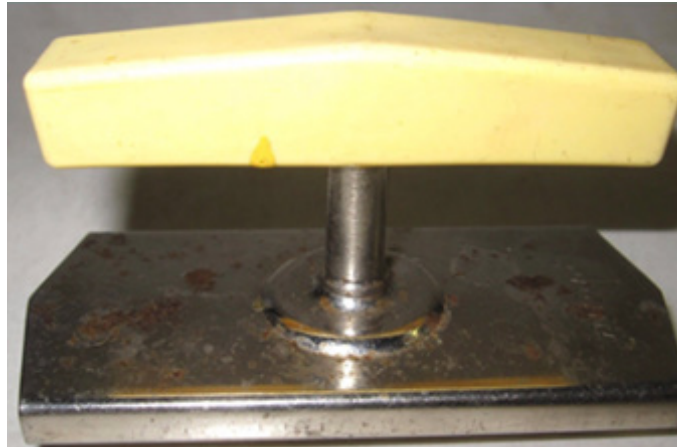
4. What was this used for?
- A) Making Peanut butter
  - B) Grinding spices
  - C) Grinding coffee
  - D) Sharpening pencils





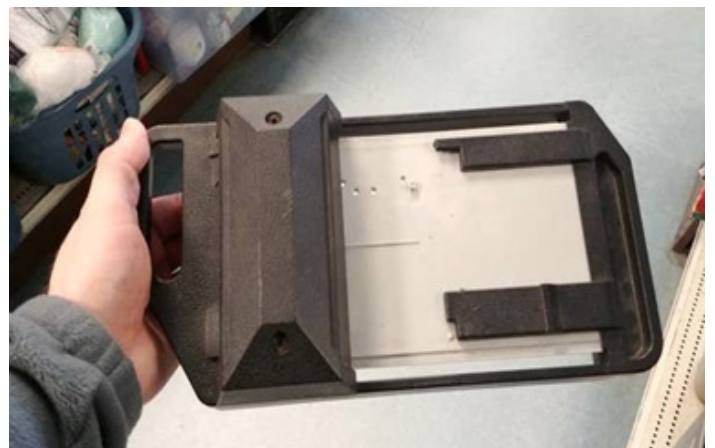
5. What are these?
- A) Reusable ice cubes
  - B) Magnetic toy blocks
  - C) Flash bulbs
  - D) Batteries

6. What is this?
- A) A wind up food processor
  - B) Apple corer
  - C) Pineapple corer
  - D) Jar opener



7. What is this?
- A) A nail remover
  - B) A pistachio sheller
  - C) A coconut opener
  - D) A can opener

8. What is this?
- A) Part of a car door
  - B) An old hole-puncher
  - C) A credit card reader
  - D) A precision paper slicer





## Springing Into Action with Senior Helpers' Seated Chair Exercises



- Overhead Bend and Reach (left)**
1. Raise both arms above your head.
  2. Lower your right arm and lean to the right. Feel the stretch in your left side.
  3. Hold for at least 15 seconds.
  4. Return to your original position with your arms over your head.
  5. Drop your left arm and lean to the left.
  6. Repeat 2 to 4 times toward each side.



- Shoulder Blade Squeeze (right)**
1. Lift your arms near the level of your shoulders with your elbows pointed straight out.
  2. Bring your elbows back while you squeeze your shoulder blades together. Don't lift or shrug your shoulders as you are squeezing.
  3. Hold 6 seconds.
  4. Repeat 8 to 12 times.

### Knee Extension (right)

1. Straighten and lift one leg, and hold while you slowly count to 5. Be sure you don't lock your knee.
2. Slowly lower your leg back down.
3. Repeat 8 to 12 times.
4. Do the exercise with the other leg.



- Neck Rotation (left)**
1. Keeping your chin level, turn your head to the left, and hold for at least 15 seconds.
  2. Turn your head to the right and hold for at least 15 seconds.
  3. Repeat 2 to 4 times to each side.

5

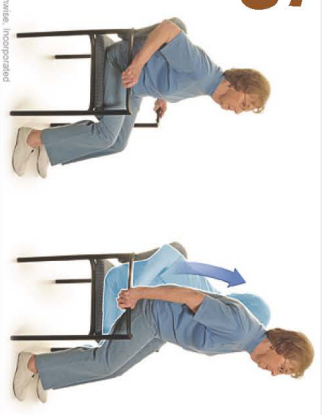


- Marching in Place (left)**
1. Sit with your feet slightly apart, and keep your hands at the edge of your chair or on the armrests.
  2. March in place, lifting your knees high toward the ceiling. Remember to breathe normally.
  3. Keep marching in a smooth rhythm for 1 minute. Work up to marching 5 minutes or longer.

### Chair Push-ups (right)

1. Sit tall with your feet flat on the floor and spread comfortably apart.
2. Grip the armrests, and take a deep breath in.
3. Breathe out as you use your arms (not your legs) to push your body off the chair. Straighten your arms as much as you can.
4. Hold for about 1 second, and then lower yourself back to the chair.
5. Repeat 8 to 12 times.

6



## Contact our Team on ...

**t:** 01454 411707

**e:** [info@ageuksouthglos.org.uk](mailto:info@ageuksouthglos.org.uk)

**w:** [www.ageuksouthglos.org.uk](http://www.ageuksouthglos.org.uk)

Our Telephone Advice Line is open 9:30am - 1:00pm Monday to Friday on 01454 411707 and choose one of the following options:

- 1 - Benefits Advice
- 2 - Befriending and Volunteering
- 3 - Activity Day Centre interim support
- 4 - All other enquiries

If we are closed and you need urgent advice, please call the national Age UK line on 0800 6781602

**Supporting you  
and your local  
community  
in later life**



**Age UK South Gloucestershire**

67 High Street  
Thornbury  
BS35 2AW

Registered charity number: 1109999