

LEOPOLD BUZZ

YOUR COMMUNITY CONNECTION

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Leopold Community & Learning Centre

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WEIGHTS AND BALANCE ZOOM CLASS IN ACTION

The Leopold Community & Learning Centre has been offering a Weights and Balance class via Zoom throughout lockdown and we interviewed Jan – Instructor and Helen – Client, to get feedback on the class.

Jan has opened up her living room as a virtual classroom via Zoom, this technology has been a new medium for most people and using the internet to conduct classes has been a big adjustment but the results speak for themselves.

Helen commented “The weights and balance class has been a lot of fun. Jan has had a good understanding of my needs due to multiple sclerosis and addressed them appropriately. I have gained both physically and mentally, the class has been very helpful and I look forward to it each week.”

Jan in turn commented “Helen has consistently turned up each week and the results have been so encouraging. Her rewards are my rewards. It’s so empowering to help someone who is willing to put it”.

If you would like to know more about the class, or would like to join, simply contact us via email:

info@leopoldcommunitycentre.com.au

KEEPING CONNECTED

Welcome to the ninth edition of our Newsletter!

If you would like to subscribe to ‘Leopold Buzz’ or if you would like previous issues, please phone us on **0476 658 120** or email us at info@leopoldcommunitycentre.com.au

You can view or download all issues of the newsletter on our website: www.leopoldcommunitycentre.com.au

OFFICE HOURS: Temporarily closed

WHERE TO GET HELP

Bellarine Community Health

has established a community transport service during COVID-19. Transport can be provided to health appointments, pick-up and delivery of pre-ordered food and/or pharmacy script pick-up or drop-off. This FREE service is available to anyone who lives on the Bellarine. The service is subject to vehicle availability. To access this service, call the dedicated support number **03 5258 0835**

BETHANY COVID-19 Support Line

has been established to support people living in the Geelong area. You can call for free support with issues such as:

- Anxiety and stress impacting your relationships
- Financial stress, including provision of emergency relief
- Parenting and family support
- Gambling related harm

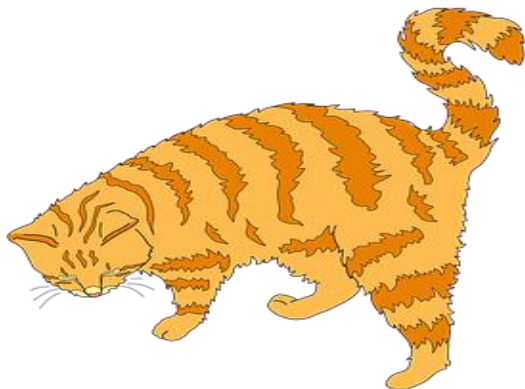
The Support Line Counsellors will listen to you, provide support, advice and helpful strategies as well as guide you to other services that might be useful for your particular situation. **Call 1300 655 598**
Monday-Friday 10.00am-3.00pm

The garden of the stubborn cats

By Italo Calvino- *Final instalment*

Winter came. A bloom of white flowers dressed the branches and the capitals and the tails of the cats. Underneath the snow the dry leaves were breaking in a mush. One could see little of the cats around, and even less of the friends of the cats; the packets with bones was only given to the cat who presented himself at home. No one, for quite some time now, has seen the old lady any more. No smoke came out any more from the chimney of the house. One snowy day, so many cats had returned in the garden, as if spring had come, and they meowed as during a full moon night. The neighbours understood that something had happened: they went to knock at the door. She didn't answer: she was dead.

In spring, in the place of the garden a building company had placed a big construction site. The shovels had gone deep down to place the foundation, the cement crowned the iron skeleton, a very tall crane handed bars to the workers building it. But how could one work? The cats strolled on the scaffolding, made bricks and mortar sacks fall, bickered among the piles of sand. When one tried to raise a wall, one found a cat, fuming ferociously, placed on top. More quiet kittens climbed the backs of the masons looking like they wanted to blend with them, and there was no way to chase them away. And the birds continued to make nests in all the pylons, the sentry box of the crane looked like a bird cage... And there was no way one could get a bucket of water without finding it filled with frogs that croaked and jumped...Nature seemed to be fighting back.



Now for some light humour –

The Cat's Diary

Day 983 of My Captivity

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength to enact my dastardly plans.

The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates my capabilities. However, they merely made condescending comments about what a "good little hunter" I am. Can you believe it!

There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of "allergies." I must learn what this means, and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow, but at the top of the stairs. I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released, and seems to be more than willing to return. He is obviously brain dead. The bird must be an informant. I observe him communicate with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now.....

Hot Chocolate Book Club



Chilean Hot Chocolate

Ingredients

- 1/2 cup whole milk
- 1/4 cup heavy cream
- 1/2 teaspoon cayenne pepper
- 5 ounces good-quality milk chocolate, coarsely chopped

Method

Combine milk, cream, and cayenne in a small saucepan over medium heat and cook until simmering, about 4 mins.

Add chocolate and whisk until completely melted and well incorporated, about 2 mins. Serve immediately.

BOOK OF CHOICE

As our hot chocolate is from Chile our book, **The Postman** by Antonio Skarmeta will take us on a journey through the country. It is a romantic novel set in the years leading up to Chile's military dictatorship. The protagonist Mario Jiménez is a shy teenager working as a postman in the Chilean town Isla Negra, where Chilean poet Pablo Neruda also lives. After delivering Neruda his letters, Jiménez befriends the famous poet who subsequently educates the youth and helps him woo the daughter of the local bartender.

EXERCISE YOUR BRAIN

The brain exercises this month are made of two components – All but one word have the following in common: a certain word can be placed in front of each to produce a new, different word.

A. What is the common word?

B. Which word does not belong?

- | | |
|-----------------------------------|--------------------------------------|
| 1. Draw, Hold, In, Gate, Out | 4. Foil, Phobia, Man, Plane, Therapy |
| 2. Like, Down, Long, Jacket, Line | 5. Charge, Cake, Board, All, Cast |
| 3. Bite, Out, List, Mail, Board | |

Last Edition Answers

- | | | | |
|-------------------------------------------------------------------------------------|-----------|-----------|----------------|
| 1. An egg | 2. Teapot | 3. A coin | 4. Your tongue |
| 5. All three words are pronounced differently when the first letter is capitalized. | | | |



DAILY ACTIVITIES

If you haven't already done so, visit our Facebook page to view our 'Daily Activities' posts at Leopold Community & Learning Centre Facebook Page or visit our website to view past and present activity posts.



HOT CHOCOLATE BOOK CLUB ROOM

Are you interested in joining an on-line book club with a difference? The Leopold Community and Learning Centre is seeking expressions of interest to hold a fortnightly Hot Chocolate Book Club via a private Facebook Room on a Thursday 2.00pm to 3.00pm.

To register your interest, or if you would like further information, email us:

info@leopoldcommunitycentre.com.au. We look forward to hearing from you!

TRISTAN'S TECH TIPS

Mobile phone longevity tips

Like everything else we buy, eventually our mobile phones will start to “wear” or break down. Some people replace their phone every year and therefore don’t really worry about the phones longevity but if you want to keep a phone for the absolute longest you can before replacing it here are a few tips to do so.

1. Only charging when the battery is critically low can actually *hurt* the batteries charge, making the battery eventually *loose* charge and last less. (Don’t worry if the phone goes flat occasionally though, problems usually only occur when you are *constantly* draining it then charging)
2. Phone batteries use lithium batteries designed to be charged whenever you want. Charge from 30% to 70% and feel free to unplug, it won’t hurt it. What *will* hurt it over time is if you *constantly* leave it on the charge at 100%. Charging overnight is therefore not recommended, new phones can charge extremely quickly nowadays though
3. Some manufacturers recommend unplugging at 80% or so for maximum longevity of battery but usually at 100% is fine
4. Don’t let it get too hot. Extreme heat can damage the battery and other delicate hardware
5. Get a case if prone to dropping to decrease breaking chance
6. Keep it updated for increased security and fixes (e.g. an update may make an app drain less battery)
7. If it is rated as waterproof, don’t charge until the charging bay is completely dry and if it is not rated waterproof, keep it far away from liquid
8. Watch out for dust build up in charge bay
9. If you keep your phone on 24/7 restart it weekly, sometimes issues pop up when software is running all the time that disappear upon a fresh restart of the device. If issues persist, and the manufacturer no longer provide issue fixing updates then the phone may be “wearing out”. Even a new phone can get problems a restart will fix.

Project Corner

Anxiety Balls



Here is something to help reduce your anxiety levels and they smell great!

Ingredients

Cotton Balls

Muslin squares or old stocking approximately 10cm squares

String

Lavender oil (or other essential oil of your choice)

Sprigs of rosemary, lemon balm or lemon scented geranium, grated orange peel, rose petals or geranium flowers (if you have them).

Place a few drops of lavender oil onto a cotton ball. Roughly chop the herbs. Place the cotton ball, herbs, orange peel and flower petals into muslin or stocking squares and secure with string. Squeeze and smell when you are feeling anxious.

What's in the Night Sky?

September has plenty to offer for sky watchers, with five planets visible in the night sky.

Mercury, Venus, Mars, Jupiter and Saturn will all be out this month, but some are easier to spot than others.

There are a number of great tools to help you know exactly where and when to look for each heavenly body from your specific location, use the link below if you need help.



<https://theskylive.com/>