



McLean Care

Wellness Club Activities

“GET MORE OUT OF LIFE”

NOVEMBER & DECEMBER 2019



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McLean Care Community
94 Byron Street
Inverell

For bookings please contact:

67217333

**Merry Christmas
Everyone!!!**

NOVEMBER/DECEMBER

Wow how fast has this year flown by ?

I swear every year gets faster and faster or is that just because I'm getting older 😊

The next two months will be full of activities, the usual timetable and the winding down of classes for the year.

November will kick off with Melbourne Cup at the Sporties, so join us for a day of fun and fashion and maybe even have a little flutter on the horses !

Our Christmas party will be 3rd December, \$25.00 will get you a lovely 2 course meal at the RSM Club, upstairs in the Rustic Table Restaurant. Bring along your Christmas cheer and a small item to donate to the Salvo's , to help those who struggle at this time of year.

The Christmas Party is a lovely opportunity to get together with friends to celebrate and reflect on the year.

Our other social outings will be the Uniting Church and the Tatts Hotel, just phone Darlene at Reception 67217333 to put your name down.

Tai Chi will finish 13th December and resume 31st January . Last exercise week will be 16-20th December and resume 13th January 2020. I've been looking forward to saying that2020. 😊😊

Wishing you all a safe and Happy Christmas and a wonderful New Year. We look forward to 2020 with all of you refreshed and revitalised and ready to go.

To Jac, Gillian, Lorraine , Nic King and careworkers who contribute to our programs –thankyou –we love your work.

To all of our participants , thank you for your dedication, hard work and smiling faces – you inspire us. 😊

Merry Christmas from the Wellness Team and Management of McLean care.

Getting Ready for Summer!

We are heading into summer and so it is important to plan ahead so you can keep your exercise levels going. We will be shutting down our Exercises through McLean for a few weeks so you will need a PLAN!! Here are some ideas.

1. Try and keep on doing some exercise in the time you would normally be joining us at McLean for exercise classes.
2. Ask some of your exercise friends to join with you to keep up the social parts of exercising.
3. Make sure you are ready for hotter weather. This means lots of water- before you exercise, during (take a water bottle with you) and after you finish. Dehydration leads to heat stroke and other medical complications.



4. Make sure you wear light clothing which allows your skin to breathe. You will also need to consider head and skin UV protection from the sun if you are exercising during the day time.
5. If the temperatures are really hot you might need to shift your exercise activities to earlier in the morning.
6. Christmas is also coming and....



So we need to watch what we eat and what we drink (alcohol often has lots of calories... a glass of beer may have 150 calories, a small glass of champagne has 100 calories and a dry martini has 230 calories). Watch how many chips and nibbles you snack on between meals - these are loaded with LOTS of calories and don't have much nutritional value.

7. On Christmas Day, make sure most of your plate is full of veggies, and drink water before you eat. Often we eat when in fact we are thirsty.
8. On Christmas day, also try and plan some physical activity, such as a light walk to help with digestion.
9. Over summer, also make the most of salads as this will help you to manage your weight.

November 2019

November 2019							December 2019						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
4	5	6	7	1	2	3	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

28 Oct		29		30		31		1 Nov		2		3	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	5	6	7	8	9	10							
9:00am Mobility & Stability Group \$4	11:30am 3:30pm Social Outing Melbourne Cup Luncheon Sporties \$16.50 for a 2 course meal Lunch 12:15pm	11:00am 12:00pm Warm Water Exercise (\$5+\$3.80 pool entry)	9:00am 10:00am Mobility & Stability 10:30am 11:30am Joint Mobility \$4 11:30am 12:30pm Mens exercise group	11:00am 12:00pm Warm Water Exercise (\$5+\$3.80 pool entry)									
11	12	13	14	15	16	17							
9:00am Mobility & Stability Group \$4	9:00am 10:00am Walking group (Campbell Park)	11:00am 12:00pm Warm Water Exercise (\$5+\$3.80 pool entry)	9:00am 10:00am Mobility & Stability 10:30am 11:30am Joint Mobility \$4 11:30am 12:30pm Mens exercise group	11:00am 12:00pm Warm Water Exercise (\$5+\$3.80 pool entry)									
18	19	20	21	22	23	24							
9:00am Mobility & Stability Group \$4	11:30am 1:30pm Social Outing Uniting Church \$7 for a 2 course meal Lunch 12:15pm	11:00am 12:00pm Warm Water Exercise (\$5+\$3.80 pool entry)	9:00am 10:00am Mobility & Stability 10:30am 11:30am Joint Mobility \$4 11:30am 12:30pm Mens exercise group	11:00am 12:00pm Warm Water Exercise (\$5+\$3.80 pool entry)									
25	26	27	28	29	30	1 Dec							
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December 2019

December 2019							January 2020						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		
30	31												

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25 Nov	26	27	28	29	30	1 Dec
9:00am 10:00am Mobility & Stability \$4	11:30am 1:30pm Christmas Party RSM Kurrajong Room \$25 for 2 course meal 1215	11:00am 12:00pm warm water exercises \$5+\$3.80 pool entry	9:00am 10:00am Mobility & Stability Group \$4 10:30am 11:30am Joint 11:30am 12:30pm Men's	9:00am 9:45am Tai Chi \$3 (Nick King's Lifestyle) 11:00am 12:00pm warm water exercises \$5+\$3.	9:00am 9:45am Tai Chi \$3 (Nick King's Lifestyle) 11:00am 12:00pm warm water exercises \$5+\$3.	
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16	17	18	19	20	21	22
9:00am 10:00am Mobility & Stability \$4	11:30am 1:30pm Social Outing Tatts Hotel \$16 for a 2 course meal 1215pm Lunch	11:00am 12:00pm warm water exercises \$5+\$3.80 pool entry	9:00am 10:00am Mobility & Stability Group \$4 10:30am 11:30am Joint 11:30am 12:30pm Men's	11:00am 12:00pm warm water exercises \$5+\$3.80 pool entry	11:00am 12:00pm warm water exercises \$5+\$3.80 pool entry	
23	24	25	26	27	28	29
30	31	1 Jan 20	2	3	4	5

30/12 - 4/1

23 - 28/12

16 - 21/12

9 - 14/12

2 - 7/12

25 - 30/11