

National Seniors

AUSTRALIA

ADELAIDE NORTH-WEST BRANCH NEWSLETTER

March, 2024

Meeting at 1.30 pm on the fourth Wednesday of each month at
Lockleys Baptist Church house, 244 Henley Beach Road, Underdale

Entrance & Parking - Drive through carport to rear of building

COMMITTEE

President	Brian Mibus (0417 887701)	Activities Coordinator	Annie McCall
Vice-President ..	Trevor Molde (0417 838740)	Committee	Jeanette Molde
Secretary	Kathy Hancock (0432 101372)	Newsletter.....	Trish Mibus (0407 605091)
Treasurer	Mavis Smith		

2024 CALENDAR

DATE	ACTIVITY	AFTERNOON TEA
All dates are Wednesdays		
March 27, 1.30 pm	GUEST SPEAKER from Hearing Dogs	Lucie Bray
April 10, 12 noon	Our branch's 20th Anniversary Lunch Mile End Hotel	
April 24, 1.30 pm	GUEST SPEAKER – David Jarman – Oakdale House	Annie McCall
May 8, 12 noon	LUNCH – Seaton Hotel	
May 22, 1.30 pm	GUEST SPEAKER – Robin Jarman –Tour Guide Life	Annie McCall
June 12, 10.30 am	LUNCH OR OUTING – Pancakes at the Port	
June 26, 1.30 pm	GUEST SPEAKER from West Torrens Historical Society	Jenny Mathews
July 10, 12 noon	CHRISTMAS IN JULY LUNCH – Findon Hotel	
July 24, 1.30 pm	GUEST SPEAKER – How to look after your eyes - Domenic	Jeanette Molde
August 14, 10.30 am	BUS OUTING & LUNCH – Bay Discovery Centre / Bakery	
August 28, 1.30 pm	GUEST SPEAKER – Robin Jarman –Sudoku	Lynda Scantlebury
September 11, 12 noon	LUNCH – venue to be advised	
September 25, 1.30 pm	GUEST SPEAKER – David Jarman –Wetlands	Mavis Smith

DATE All dates are Wednesdays	ACTIVITY	AFTERNOON TEA
October 9, 10.30 am	BUS OUTING & LUNCH – Airport – Vickers Vimy tour and lunch at café	
October 23, 1.30 pm	GUEST SPEAKER – to be advised	Dawn Thomas
November 13, 12 noon	LUNCH – Lockleys Hotel – Christmas lunch	
November 27, 1.30 pm	GUEST SPEAKER - SAPOL	

HAPPY BIRTHDAY

Mavis turned 90 recently but was unable to celebrate as she had just been discharged from hospital following surgery.

Congratulation Mavis!

We hope to be able to celebrate her birthday when she is feeling much better.

GET WELL SOON

Several of our members have been unwell recently. We wish them a speedy recovery.

Mavis – recovering from surgery

Annie – recovering from surgery. (Annie’s husband is also recovering from surgery)

Jenny – almost back to normal following surgery

Brenton – back home after respite

Trevor – still undergoing physiotherapy following an accident

Kathy – recovering from a virus



Physical activity guidelines for older people

Adapted from an article on 'Health Direct' - <https://www.healthdirect.gov.au>

If you have a medical condition or have been mostly inactive, see your doctor before starting any vigorous exercise program.

Key facts

- Keeping active helps you stay physically and mentally strong.
- Aim for about 30 minutes of moderate-intensity physical activity on most days, but any amount of activity is beneficial — even just a few minutes.
- Strength and weight-bearing activities can increase bone density, helping to prevent osteoporosis.
- Consider exercising with a friend, and choose activities you enjoy, to help you stay motivated.

Why should older people stay active?

Whatever your age, you can enjoy the benefits of physical activity. There's a host of health reasons to stay active and it doesn't have to be 'serious business' — being active can be fun, especially if you can socialise at the same time. Exercise also helps keep your mind active and improves your quality of life.

Even a small increase in daily physical activity can reduce your risk of health conditions such as:

- [high blood pressure](#)
- [high cholesterol](#)
- [type 2 diabetes](#)
- [heart disease](#)
- bone problems, including [osteoporosis](#)
- [obesity](#)
- some types of [cancer](#)

Physical activity can also:

- improve your [sleep](#)
- [improve your mood](#)
- give you more energy
- reduce [stress](#) levels and [anxiety](#)
- reduce pain from conditions such as [arthritis](#)

Conversely, spending a lot of time sitting down (being sedentary) may increase the risk of health conditions. So it's a good idea to break up long periods of sitting with physical activity. Even a few minutes of walking or stretching is beneficial.

How much physical activity do older people need?

You should aim for about 30 minutes of moderate-intensity physical activity every day. Moderate-intensity exercise should make you feel a bit breathless, but you should still be able to talk comfortably.

Incorporate different types of physical activity into your daily routine. This will keep it interesting and easier to stick to over time.

What types of exercise should older people be doing?

There are 4 main types of physical activity that are important for people of all ages.

Cardiovascular ('cardio') fitness activities help keep your heart and lungs healthy. This includes:

- brisk walking
- cycling
- swimming
- golf (without a golf cart)
- tennis
- aerobics classes
- dancing

Household chores such as gardening and cleaning can also be a great cardio workout. Low-impact activities such as swimming can be beneficial for people who find movement painful because of health conditions such as [osteoarthritis](#).

You don't have to do all of your activity in one session per day — you can spread it out. For example, 10 minutes of cardio 3 times a day, or 15 minutes twice a day

Strength activities help your muscles and [bones stay strong](#). Strength training and weight-bearing exercise are especially helpful at increasing your bone density and reducing the risk of [falls](#) among people with osteoporosis.

Strength exercises include:

- weight training
- resistance training
- lifting and carrying (for example, groceries or small children)
- gardening (involving digging and lifting)
- climbing stairs

Aim to build strength exercises into your routine about 2 to 3 times a week.

Flexibility activities incorporate gentle stretching and bending exercises that help you move more easily. This might include:

- Tai Chi
- yoga
- dancing
- gardening
- lawn bowls
- mopping or vacuuming

Try to do some stretching exercises every day. You can even stretch while watching TV or waiting for the kettle to boil — you can follow the diagrams [here](#).

Balancing activities help improve your balance, which can help prevent falls. They include:

- side leg raises
- half squats
- heel raises

Remember, physical activity can be varied and you can exercise outside of a gym or classes. There are also online fitness tools and programs you can use at home.

Even people who are less mobile or have a disability can find ways to keep active. Find an exercise program that is tailored to people at a similar age and fitness level as you.

If you're struggling to find an activity that's right for you, ask your doctor, exercise physiologist or [physiotherapist](#) for advice.