

Welcome all Wellness Warriors to the news of term three, the term that never happened, August 2021



Well, term three didn't happen but the build up towards and then the presentation of the Olympic Games certainly helped ease the pain of having to spend so much time within our homes. Watching all those young athletes perform at the top of their game certainly took up a lot of my time. Always graceful in defeat, but excitement tumbling out of them when the contest was complete or won, must have contributed a little to global warming as our faces lit up with warm smiles.

I'm sure you all have special moments you like to recall, mine was hearing the words, "Peter can run Miss," said as the Peter Bols story was told.

With the Disabled Olympics happening at the moment, we have more glowing moments coming our way, that will keep our thoughts distracted from the lock down and the other disturbing events happening here and beyond our shores.

It's often been said, mainly by politicians, that being born, (or living,) in Australia is like winning the lottery and to us it was. Much of our youth was spent in the mid 1900 hundreds with the arrival of drive ins, Holden cars, boofy hair, rock and roll, and in the mid-forties, Christian Dior introducing the "New Look," which we wore with hat and gloves. This new look was cast aside when Mary Quant had us flashing our imperfect knees and occasionally our knickers in the newest new look, the Mini Skirt.

We'd joined the swinging sixties.



The sixties also saw the arrival of oral contraception and the shift from great big families living in small houses, eating inside and toilets outside, to small families living in great big houses, eating outside and toilets inside. A phenomenon that continues today as today's young ones often choose to delay parenthood and have fewer children and live in Mac Mansions.

For our generation world travel became affordable and exciting and we took every opportunity to travel the world. Today, nearly every person I know has had at least one overseas "holiday of a lifetime," and until Covid arrived, many of us travelled often.

When Covid 19 first arrived, our biggest concern was the loss of deposits on travel and celebrations, We had no idea that life as we knew it would be put on hold and the future, instead of being more of the same, may never be quite the same again.

A quote I lifted off the internet said, "It was a lot more fun to be 20 in the 70's than 70 in the 20's."

However, here we are nearing the end of 2021, with not much happening and no news to report for term three. So let me take you back to our Seniors week celebrations held in term two. We were unsuccessful with our grant application to fund the event, so decided to celebrate Seniors Week with a lunch at the Coniston Hotel. Our enthusiastic and talented ukulele group were there to add a party element.



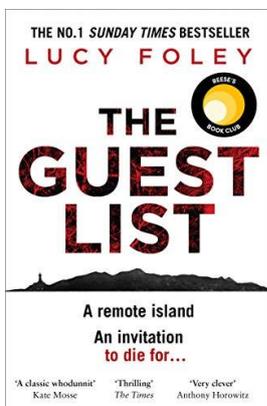
The good and the bad news re the loss of term three is, our “Spring into Spring” celebration had to be postponed and with a hopeful heart we have rescheduled it as our Seniors Week event to be held in April 2022. Due to the change of season occurring in April, we have called it, “The Joys of Autumn,” and the event will then be held in the Community Gardens of the PCYC in North Wollongong. Our guest will be Louis Kelbert who is an excellent speaker on the birds and the bees and relevant topics on what’s happening in our gardens.

Will there be a term four? Though our committee of Dell, Lily, Sharyn, Lynne, Anne, Emer and myself are not able to come together at the moment, we are still working via email, phone and zoom as if this latest lockdown will soon end and classes can resume. We will keep you posted with the latest happenings, via mail-outs to members who do not have an email address and dispatches and emails to those who do.

For our booklovers

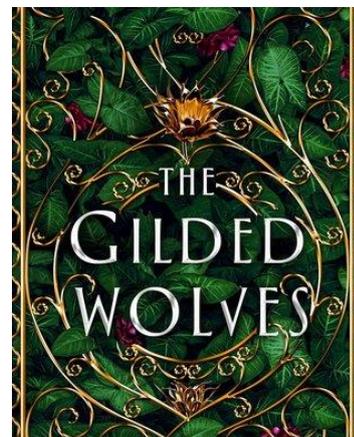
I asked Roseanne from the library what she would recommend reading during lockdown.

Here are her picks.



The Guest List by Lucy Foley – “A fun, intriguing whodunnit with interesting characters, set on a wild island off the coast of Ireland. It jumps around in time and between characters, and I’m hooked!”

The Gilded Wolves by Roshani Chokski – “I just finished the second book as we were going into lockdown, so it totally counts. The third isn’t out yet, but I really wanted to mention this series because it’s fantastic!”



Remember When.



Sitting in front of the old black and white TV And later wearing Miniskirts and uplift bras

Remember when owning a family car opened the door to Sunday driving and a visit to the beach took days to look forward to and ended with sun burn, blisters and taking ages to get back home



Bouffant hair. O.M.G!!!

When Jantzen's one and two-piece bathing suits were followed by the bikini, causing the nation to take a big breath and gasp

Those were the days my friend, we thought they'd never end, for we were young and sure to have our way

Presented by your Wellness Team, Dell, Lily, Anne, Sharyn, Lynne, Emer and Barbara, (Ed.) And trainers, Fiona, Michelle, Sue, John, and Ivan

