

RED LEVEL LOWDOWN

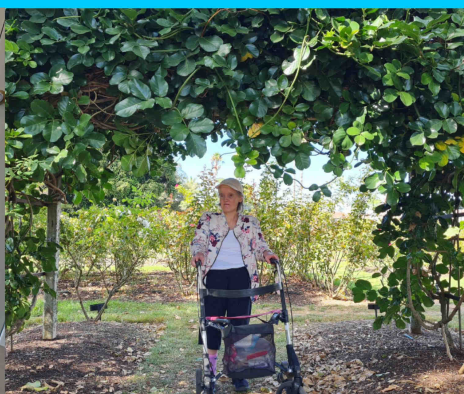
29 MARCH 2022



Farmer Andrea! Having fun out and about



Hasini and Scott creating meatballs in our Ranfurly Kitchen!



Exploring the gardens Anna found natures photo frame



Spider-woman Janice

Dear Students, Families, Friends and Caregivers,

It has been encouraging to see Auckland case numbers decreasing and that is very exciting for us at the Activity Centre as we look forward to being able to do more, offer more and connect more in person with everyone. We especially look forward to the day when we can have one big bubble together again. Any move in this direction will be slow and gradual and dependant on advice and decisions from the Government and Ministry of Social Development. While it is exciting, we also know that it can be a bit scary for others who might have gotten used to a new routine or feeling of safety within their current situation. Some students are really enjoying and thriving in the smaller quieter community bubble environment and it will be very unsettling to be all together in all the noise and exhuberance of one bubble when this happens. It can also be hard not knowing exactly "when" things will be able to change. Such a common question we get asked is "when" will we go back to normal? When can I see my friends again?

A helpful thing to try during times of change and uncertainty is to incorporate some relaxation into the daily routine. What is relaxing for each person can differ greatly! It could be baking, art, going for a walk, doing a wordfind, listening to a relaxation track, watching a movie, doing some yoga or stretching, or listening to music. We encourage you all to think about and make sure you do something that you find relaxing everyday. Check out this great video where people with disabilities talk about how they relax - <https://www.youtube.com/watch?v=2lxdFNdajyw>

Exciting news, this week we are getting Lance our gym instructor from the Olympic Gym coming in to run exercise sessions in the Ranfurly Garden! This is a great outdoor safe location to get up a sweat and keep fit. Lance is very passionate about helping our students to have fun and motivated to be healthy.

We are beginning to take steps to returning to our volunteer work at Geoff's emporium. Wendy will be taking some students for a trial return next week to review and assess how this goes.

The Activity Centre is currently in easter mode with easter cards and other easter crafts underway which is lots of fun. Time to break out the hot cross buns and chocolates!

This week we are also enjoying the Oscar awards ceremony and Rachel and Carol have been critiquing the Oscar runway fashions!

A warm welcome back to Mark M who has returned to the Activity Centre again for a visit. It's lovely for students to gradually be able to return and begin to transition back into the Activity Centre again as numbers, spacing and safety allows.

From the Activity Centre Crew :-)



CORNWALL PARK RESIDENTS EXPLORING THE WATERFRONT



HASINI WORKING ON HER COOKING SKILLS



COMMUNITY BUBBLE EXPLORING THE WHALE TAIL TRAIL



MEWS TRIP TO THE MONASTERY



A WALK ALONG TAKAPUNA BEACH



TAEYEOL'S EASTER CARDS



NOAH AND SCOTT COOKING UP A STORM



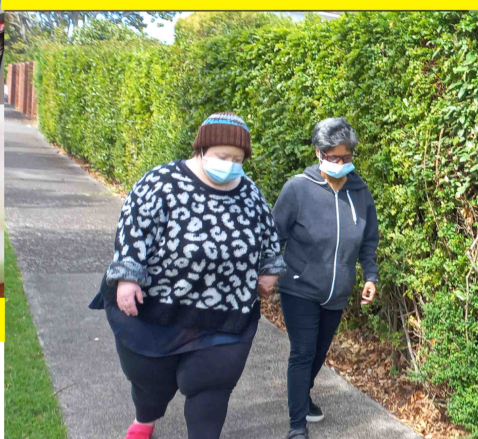
LINDA OUT AND ABOUT FOR A STROLL



DAVID, ARCHIE AND ALEX ENJOYING A ZOOM CLASS



ALEX CREATING SOME FLORAL ART



JAMIEE AND MUNIJA KEEPING FIT GOING FOR A WALK



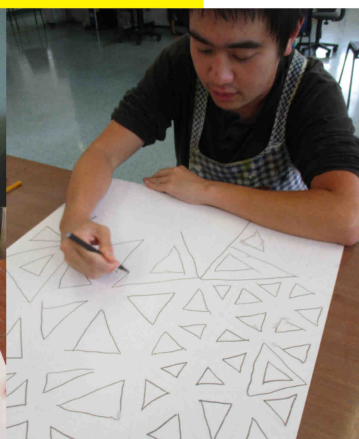
HASINI'S EASTER CARD CREATIONS



MAX AND HIS EASTER BUNNY CREATION



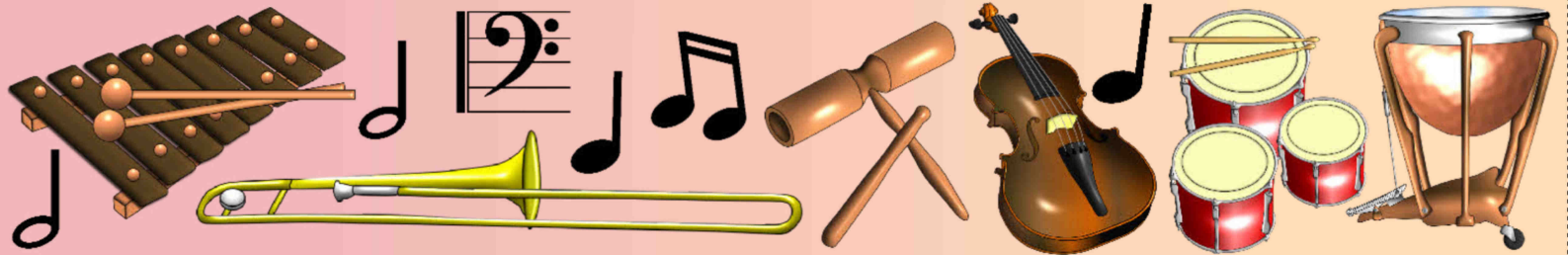
NOAH AND HIS FLORAL ART



TIMOTHY AND HIS YAYOI KUSAMA ART



DAN CHALLENGING HIMSELF ON THE ROPES



Musical Instruments 1

A	P	L	E	N	O	H	P	O	X	A	S	C	H
L	N	A	R	A	T	I	U	G	R	A	R	R	T
O	E	N	O	B	M	O	R	T	B	D	N	R	I
I	A	P	T	C	O	R	N	E	T	R	O	H	C
V	N	H	A	R	M	O	N	I	C	A	E	R	E
O	L	N	P	I	C	C	O	L	O	O	B	O	E
B	P	D	C	R	E	C	O	R	D	E	R	C	K
A	R	N	R	B	O	N	G	O	D	R	U	M	S
Z	I	T	H	E	R	R	A	P	S	N	A	R	E
O	R	O	R	E	L	D	D	I	F	R	B	H	A
O	E	A	N	I	R	A	C	O	E	T	U	L	F
K	D	S	S	T	T	E	N	I	R	A	L	C	L
A	T	E	P	I	P	N	A	P	E	O	E	H	E
H	R	B	A	G	P	I	P	E	R	T	G	P	R

- ZITHER
- BONGO DRUMS
- PAN PIPE
- PICCOLO
- CORNET
- HARMONICA
- CLARINET
- RECORDER
- TROMBONE
- GUITAR
- SAXOPHONE
- OBOE
- OCARINA
- FIDDLE
- BAZOOKA
- BAGPIPE
- SNARE
- FLUTE
- VIOLA

