



WELCOME

It has been lovely to hear from lots of you and hear what you are getting up to. Everybody certainly seems to be enjoying the lovely weather and most of you seem to be doing a lot of gardening. We are looking forward to getting some photos to show us how your seeds are growing! I have potted mine into individual pots and hope to plant them in the garden next weekend. All will be revealed in the Activity Leaflet along with some of your successes. The children at St Cadoc's have shared more of their super drawings. We hope to see your creative side as well as introduce you to the relaxation of Mindfulness Colouring and the ancient art of Qi Gong. Lastly, our very own Christine has posted her regular MindforYou Holiday exercise session on our You Tube Channel for you to enjoy.

Speak soon

Carol x



SPRING POETRY

My Mum really loved poetry, so when Helen suggested we could include a poetry activity I thought it was a brilliant idea. Helen's favourite poem is Daffodowndilly, so we thought that the theme had to be Spring! Please feel free to share your favourite poem. For those who are feeling a bit creative then perhaps you could create your own poem using our free form template, or if you want an extra challenge then maybe you can write an acrostic poem where the letters spelling Spring form the first word of each line. The children at St Cadoc's are going to write some poems and we will share them.



Daffodowndilly

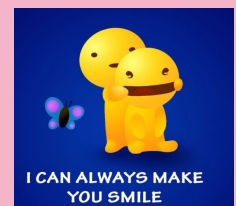
by A. A. Milne

**She wore her yellow sun-bonnet,
She wore her greenest gown;
She truned to the south wind
And curtsied up and down.
She turned to the sunlight
And Shook her yellow head,
And whispered to her neighbour;
"Winter is dead."**

MORE WONDERFUL PICTURES FOR YOU

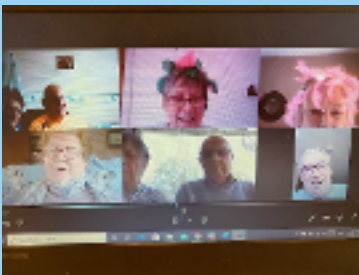
The children at St Cadoc's Primary School have sent some more wonderful pieces of art to make you smile. They are now all back at school, all be it at home! Having heard what is going to be in our leaflet, their teacher Elayne has said the children would love to write some spring poetry and read some of our favourite poems and see our creativity!

So, please send your favourite poem or your own creation in our stamped addressed envelope the children would love to hear from you.



JOY INSIDE

Thanks to a group of our guests we are ready to give you the opportunity to connect with us on ZOOM and introduce you to the "Joy Inside". We will provide 1 to 1 support to connect you to ZOOM, with your iPad, smartphone or computer. Our 45 min sessions for 6 households are themed and include a variety of music, reminiscence and general knowledge. Meet new and old friends and bring some Joy Inside your home. We guarantee we can connect anybody! Sessions can be booked by phone or on our website from Friday 1st May



QIGONG (PRONOUNCED CHEE-GUN)

When Helen, our Tai chi expert, was looking at ways to introduce us to these relaxing exercises, she found QiGong. This Ancient Chinese art, which has been practised for over 5000 years consists of light standing or seated exercise that focuses on the use of mediation, breathing and movement.



Helen convinced me to sit calmly and try Don Fiore's daily routine, and much to my surprise I really enjoyed it and now do it every morning. Just type the link into your ipad, mobile phone or lap top: <http://youtu.be/1krhDR2f36A> and give it a go. Tell us your favourite movement, mine is circling the globe, like in the photo on the left.

MINDFULNESS COLOURING

Being mindful is great not only for your mind and soul but also for your body. Its meditation, just like yoga, but without the physical part. Mindfulness colouring is a fun and simple way to add calm into your life and be present. Enjoy the colouring sheets included and maybe send us your final picture so we can share it with the children at St Cadoc's school.



CHRISTINE'S SEATED EXERCISES



We have heard that some of our guests have been doing Christine's seated exercises to their MindforYou DVD's, so we decided it was the perfect moment to convince Christine to let us release a video of her seated exercises. A big THANK YOU to Christine for leading the session, Calum for filming and all the guests and staff on our Perthshire holiday for taking part. You can find the video by opening YouTube and putting Christine's Seated Exercises into the search bar.

ENJOY!

KEEP IN TOUCH

Now more than ever we want to keep in touch. We would love to hear from you, so pop us something in our stamped addressed envelope, send us an email or pick up the phone. We're posting regular activities on facebook and a summary can be found on our website.



mindforyou.co.uk/activitycentre



MindforYou1



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