

# June 2020 At Home Wellness

Nanaimo Parks, Recreation & Culture

## PROGRAMS FOR ADULTS 60 +

CITY OF NANAIMO  
THE HARBOUR CITY

Nanaimo Harbour City Seniors

Please enjoy our 2nd edition of the Harbour City Seniors Wellness bulletin. We hope you enjoy the activities and resources included. Stay safe and we hope to see you in our facilities again soon! Also check out the City of Nanaimo's Isolation Recreation webpage at <https://www.nanaimo.ca/recreation-parks/recreation-facilities-schedules/isolationrecreation>.

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# At Home Fitness

If you are looking to stick to an exercise routine and don't know where to start, we have included a schedule and a list of exercises to get you started. *(Disclaimer: Individuals should consult their physician before starting any exercise program or changing their diet, to limit risks of injury).*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 minute walk x 2	15 minute walk x 2	30 minute cycling, swimming, water aerobics, Zumba, etc.	REST	30 minute walk (or 15 minute walk x 2)	30 minute cycling, Zumba, etc.	REST
Strength		Strength		Strength		
Balance	Balance	Balance	Balance	Balance	Balance	Balance
Flexibility	Flexibility	Flexibility	Flexibility	Flexibility	Flexibility	Flexibility

## STRENGTH ROUTINE

There are dozens of exercises you can do to build strength without having to set foot in a gym. Here are a few examples for people who are just getting started.

**ABDOMINAL CONTRACTIONS** - to increase strength in the abdominal muscles

1. Lie on your back and place hands behind your head.
2. Take a deep breath and tighten your abdominal muscles.
3. Hold for 3 breaths and then release the contraction.
4. Repeat 10 times.

**WALL PUSH UPS** - to increase strength in the chest and shoulders

1. Stand about 3 feet away from a wall, facing the wall, with your feet shoulder-width apart.
2. Lean forward and place your hands flat on the wall, in line with your shoulders. Your body should be in plank position, with your spine straight, not sagging or arched.
3. Lower your body toward the wall and then push back.
4. Repeat 10 times.

**SHOULDER BLADE SQUEEZE** - to strengthen postural muscles and stretch the chest

1. Sit up straight in your seat, rest your hands in your lap, and squeeze your shoulder blades toward one another.
2. Focus on keeping your shoulders down, not hunched up toward your ears, and hold for 3 seconds.
3. Release and repeat 8 to 12 times.

**TOE TAPS** - to strengthen the lower legs

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your legs and also strengthens the lower leg.)
2. Repeat 20 times.

**HEEL RAISES** - to strengthen the upper calves

1. Sitting in a chair, keep your toes and the balls of your feet on the floor and lift your heels.
2. Repeat 20 times.

**ANKLE ROTATIONS** - to strengthen the calves

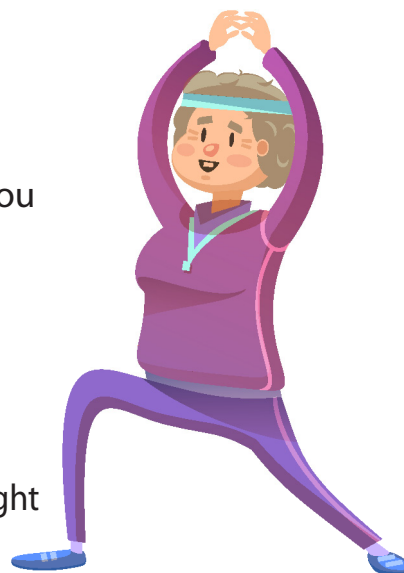
1. Seated in a chair, lift your right foot off the floor and slowly rotate your foot 5 times to the right and then 5 times to the left.
2. Repeat with the left foot.

## STRETCH IT OUT

Getting into the habit of stretching every day will improve your range of motion. Here are a few basic stretches to get you started.

### SHOULDER & UPPER BACK STRETCH

1. Bend your right arm, raising it so your elbow is chest level and your right fist is near your left shoulder.
2. Place your left hand on your right elbow and gently pull your right arm across your chest.
3. Hold for 20 to 30 seconds.
4. Repeat with the opposite arm.



## STRETCH IT OUT

**NECK STRETCH** - to relieve tension in the neck and upper back

1. Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.
2. Do not tip your head forward or backward as you turn your head slowly to the right. Stop when you feel a slight stretch. Hold for 10 to 30 seconds.
3. Now turn to the left. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.



## BALANCE BOOSTERS

Accidental falls are a significant source of injury for many older adults. Incorporating balance exercises in your exercise regimen is essential.

### SHIFTING WEIGHT

1. Stand with your feet hip-width apart and your weight evenly distributed on both feet.
2. Relax your hands at your sides. You can also do this exercise with a sturdy chair in front of you in case you need to grab it for balance.
3. Shift your weight on to your right side, then lift your left foot a few inches off of the floor.
4. Hold for 10 seconds, eventually working up to 30 seconds.
5. Return to the starting position and repeat with the opposite leg.
6. Repeat 3 times.
7. Stand with your feet hip-width apart, with your hands on your hips or on the back of a sturdy chair if you need support.
8. Lift your left foot off of the floor, bending at the knee and lifting your heel halfway between the floor and your buttocks.
9. Hold for 10 seconds, eventually working up to 30 seconds.
10. Return to the starting position and repeat with the opposite leg.
11. Repeat 3 times.

## BALANCE BOOSTERS

### SIDE LEG RAISE

1. Stand behind the chair with your feet slightly apart.
2. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead.
3. Lower your right leg slowly.
4. Repeat this exercise 10 to 15 times per leg.

## MENTAL GYMNASTICS

Answers on Page 11



1. What is the world's largest land mammal?
2. Rio de Janeiro is a city in which South American country?
3. Which Middle Eastern city is also the name of a type of artichoke?
4. With which sport is Silverstone most associated?
5. Nostradamus was famous for making what?
6. In mythology, Romulus and Remus were brought up by which animal?
7. What is the main source of vitamin C?
8. Insulin is commonly used to treat which condition?
9. The first atom bomb was dropped on which Japanese city?
10. What is dermatophobia the fear of?
11. The Velocipede was a nineteenth-century prototype of what?
12. Which is Britain's oldest Sunday newspaper, published for the first time in 1791?
13. What was the middle name of Wolfgang Mozart?
14. What is the art of stuffing animals for preservation?
15. The term bhp is used when describing the power of a motor vehicle; for what does it stand?
16. What is Prince William's second name?
17. Who invented the Flying Shuttle in 1733?
18. What does a Geiger Counter measure?
19. If you were an LLD, what profession would you be involved in?
20. How many of Henry VIII's wives were called Anne?

## THE THIEF AND THE PARROT

Late one night a burglar broke into a house that he thought was empty. He stealthily crept through the lounge and was stopped dead in his tracks when he heard a loud voice clearly saying, 'Jesus is watching you!'

Silence returned to the house, so the burglar crept forward again. 'Jesus is watching you,' the voice rang out again.

The thief stopped dead again. He was frightened out of his wits. Frantically he looked all around. In a dark corner he spotted a birdcage and in the cage was a parrot.

He asked the parrot, 'Was that you who said Jesus is watching me?'. 'Yes,' said the parrot.

The burglar breathed a heavy sigh of relief and asked the parrot 'What is your name?' 'Ronald,' said the bird.

'That's a stupid name for a parrot,' sneered the burglar. 'What idiot named you Ronald?' The parrot said, 'The same idiot who named the Rottweiler Jesus.'



## The Best of Dave Allen...The Comedy Sketches

<https://www.youtube.com/watch?v=IGBkq3i6oc>



### Travel Office



Customer: 'I've been ringing 0700 2300 for two days and can't get through to enquiries, can you help?'

Operator: 'Where did you get that number from?'

Customer: 'It was on the door to the Travel Centre.'

Operator: 'Sir, 0700 2300 is our opening hours.'



Enjoy these quick and easy baking recipes with ingredients you probably have in your household already!

## SOFT NUTELLA CHOCOLATE CHIP COOKIES

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 20 Cookies

These Nutella Chocolate Chip Cookies are subtly chocolaty with a hint of hazelnut. Perfectly soft and chewy with bittersweet chocolate scattered throughout.

### Ingredients

- ½ cup unsalted butter, softened
- heaping 1/3 cup Nutella, stir before scooping
- ½ cup light brown sugar, packed
- ¼ cup granulated sugar
- 1 large egg
- 2 teaspoons vanilla extract
- 1 ¾ cups all-purpose flour
- 2 teaspoon cornstarch
- 1 teaspoon baking soda
- pinch salt
- 1 cup bittersweet chocolate chips (I use Ghirardelli, in case you're new around here)



### Instructions

1. Whisk together flour, cornstarch, baking soda and salt together in a medium bowl and set aside.
2. Beat together butter, Nutella, sugars, egg and vanilla on medium-high speed in a bowl or a stand mixer fitted with the paddle attachment until well combined, about 4 minutes. Scrape down the bowl with a spatula once during this time.
3. Reduce the mixer speed to low and slowly add the flour mixture until well combined, scraping down the sides of the bowl several times.
4. Stir in the bittersweet chocolate chips until well distributed.
5. Roll the dough into balls 1 inch in diameter and place on a parchment lined cookie sheet, plate or tray. Cover well with plastic wrap and refrigerate at least 2 hours or overnight.
6. Preheat oven to 350°. Place dough 1 inch apart on a parchment lined baking sheet. Bake 9-11 minutes or until the edges are set and the tops have just started to brown. Don't over bake or they will be crispy and the bottoms will burn...I know...I ruined some in the name of experimentation.
7. Let cool 5 minutes on the cookie sheet before removing to a wire rack to cool completely.



## ITALIAN RICOTTA COOKIES

These Italian Ricotta cookies are super soft and absolutely delicious. Topped with an almond glaze and sprinkles! They are sure to become a family favorite.

Prep Time: 10 minutes

Cook Time: 10 minutes

### Ingredients - for the cookies

- 2 sticks ( 1/2 pound) butter, softened
- 1 3/4 cup granulated sugar
- 2 eggs
- 1 container (15 oz.) ricotta cheese
- 2 tbsp. vanilla extract
- 4 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda

### Ingredients - for the glaze

- 4-5 tbsp. milk
- 1 1/2 cups powdered sugar
- 1 tsp. almond extract



### Instructions

1. Preheat oven to 350°F.
2. In a medium bowl cream the butter and sugar. Add the eggs, ricotta cheese and vanilla extract. Mix until well combined. In a separate medium bowl, combine the flour, baking powder and baking soda. Add the flour mixture to the ricotta mixture, mix well. Roll or scoop the dough into teaspoon-sized balls. Place on the ungreased cookie sheet about 2 inches apart.
3. Bake 8-10 minutes or until lightly browned. Allow cookies to cool on the baking sheet for 3 minutes before transferring to a wire rack to cool completely.
4. In a medium bowl whisk the milk, powdered sugar and almond extract until smooth. Dip the tops of the cookies into the glaze and set upright back on the wire rack. Immediately top with sprinkles. Repeat for remaining cookies.





## MINI CRUMB CAKE BITES

These little crumb cake bite muffins are perfect for breakfast or lunch boxes. Easy to make and better than the ones from the store for sure. They'll delight your kids. Author Dorothy Kern.

Servings - 33 to 36 muffins

### Ingredients

- 3/4 cup granulated sugar
- 1/3 cup vegetable oil
- 1 egg
- 1 teaspoon vanilla
- 1/2 cup milk
- 2 teaspoons baking powder
- 1/2 teaspoon salt plus a pinch
- 1 1/2 cups + 2 tablespoons all purpose flour
- 2 tablespoons butter melted
- 2 teaspoons cinnamon
- 1/2 cup brown sugar packed



### Instructions

1. Preheat oven to 350°F. Spray mini muffin pans with nonstick cooking spray (I like using the nonstick spray that contains flour for these).
2. Stir granulated sugar, oil, egg, and vanilla in a large bowl until combined. Stir in milk.
3. In a medium bowl, whisk baking powder, 1/2 teaspoon salt, and 1-1/2 cups flour. Slowly stir dry ingredients into wet ingredients. Fill muffin pans with 1 tablespoon of batter per cavity (33-36 muffins).
4. Melt the butter in the same bowl you used for the dry ingredients. Stir in cinnamon, 2 tablespoons flour, a pinch of salt, and brown sugar. Mixture will be crumbly. Place about 1/2 to 3/4 teaspoons of crumb topping on each muffin.
5. Bake for 9-10 minutes until a toothpick comes out clean from the center of the muffin. Cool before removing from pan and serving. It's easiest to use a knife to help remove these from the pan.
6. Store in an airtight container for up to 3 days or freeze for up to one month. You may also bake them in mini muffin liners instead of straight in the muffin pan.

Check out these other great recipe ideas:

<https://www.loveandlemons.com/baking-recipes/>



# NANAIMO AGE FRIENDLY COMMUNITY

## What's On and What's Open in the Nanaimo Area?

Visit the Nanaimo Age-Friendly Community Facebook page which aims to provide a comprehensive view of what's on.

<https://www.facebook.com/Nanaimo-Age-Friendly-Community-1033050811271915/>

### You can Help! Tell us about:

- Information and activities that cover your interests?
- Information you want to share with the community?
- Other sources of information to share across the community?

Drop us an email at [AgeFriendlyNanaimo@gmail.com](mailto:AgeFriendlyNanaimo@gmail.com), or

- Comment on our Facebook page - <https://www.facebook.com/Nanaimo-Age-Friendly-Community-1033050811271915/> or
- Leave a message at 250-754-3331, extention 722

If you would like to get involved as a volunteer, tell us about that too!



The internet has a number of great resources for entertainment to keep social distancing interesting, check out some of these examples:

Dodd Narrows and the Cable Bay Trail

<https://www.youtube.com/watch?v=k7HttBMUoA4>

Arbutus RV Island Adventures - Season 2 - Jack Point Trail Nanaimo

<https://www.youtube.com/watch?v=acVGYrEgipY>

Biggs Park & Jack Point, (Duke Point) Nanaimo (ep.5) Wonderful Walks

<https://www.youtube.com/watch?>

The surprising dangers of having an optimistic brain

<https://www.bbc.com/reel/video/p089zg6b/the-surprising-dangers-of-having-an-optimistic-brain>

WATCH: Rock for Relief – A Living Room Concert for Vancouver Island on CHEK

<https://www.cheknews.ca/live-at-8-pm-on-chek-rock-for-relief-a-living-room-concert-for-vancouver-island-662917/>

13 Virtual Train Rides From Around the World That You Can Experience Right Now (Video)

[https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides?utm\\_source=emailshare&utm\\_medium=email&utm\\_campaign=email-share-article&utm\\_content=20](https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides?utm_source=emailshare&utm_medium=email&utm_campaign=email-share-article&utm_content=20)

1. Elephant
2. Brazil
3. Jerusalem
4. Motor Racing
5. Predictions
6. Wolf
7. Fruits
8. Diabetes
9. Hiroshima
10. The fear of skin disease
11. A bicycle
12. Observer
13. Amadeus
14. Taxidermy
15. Brake horse power
16. Arthur
17. John Kay
18. Radiation
19. The legal profession (Doctor of Law)
20. Two - Anne Boleyn and Anne of Cleves

