

Video: Activities



Transcript

Well I can still walk down the back and build things. I do a fair amount of the shopping. Go to church on a Sunday morning with Kate. Mow the lawns. I'll keep doing that.

Firstly, I have to do regular exercise to improve my physical health. Secondly, I am very aware of my diet so I don't eat foods that might affect my health. Thirdly, I regularly participate in group activities which helps me and many ways. It really makes me happy.

The dancing itself it's an exercise we have done for so long. We still do it and we love our dancing. We love the music. We just do it. It coordinates the brain and the feet and you have to concentrate. You have to concentrate that you do the right thing and don't get on to other things because your mind wanders and you do a different dance that nobody else does and you get into trouble. So that's how we find-- it's the company and the music and the movement. That is what brings us joy.

I go to um, you see I can't remember because there's this-- to, to a club over at-- elderly citizens club over at Thompson, and every Tuesday and it's a walking group, so that's how I get my exercise. And I've got my little dog which I take for a walk every day.

Keeping active physically and trying to keep active mentally. So I love doing Sudokus and different sorts of puzzles, crosswords and all that sort of thing. So I'm trying to keep my brain as-- whatever parts left, as you know keeping it active so that it hopefully won't deteriorate too rapidly.

She keeps her brain occupied by playing FreeCell which is-- I've tried and I've not had a lot positive

luck yet. But yeah, so she keeps us all occupied on that-- you know the computer with FreeCell. She loves it.

Playing FreeCell or just keeps my eyes on, um, what I'm doing and, uh, I feel that, uh, it, it helps me activate my brain a little bit even if it's just moving a card from one to the other. But I like winning and I don't like losing, so there's always that challenge there to win and not to lose.

I've actually got to say, Can I have a turn?

In moments of extreme stress and frustration, it doesn't help me. If I get express frustration it doesn't help me. It doesn't help Edie either. You know, so you know, in a way you have to find a way of managing it. I spend a lot of time in the garden so doing something different, something constructive, something creative, you know, I think really helps.

When I have the stress, I do a lot of yoga breathing and settle down and try to see the bright side of things and that's how I cope with my stress. The other important thing is to have a break from each other. Very important that your husband has got his, or wife has got their own special things that they go to. I still socialise widely with people. I come home, I feel refreshed and happy and joyful and then we're together and we can do our things together and still be happy together.