

Library Newsletter

Lindsay Villa 25

A warm welcome to our new residents fast occupying Stage 4 villas. If you've had a chance to check out the library, I'm sure you will be impressed by, not only the range of authors, but how easy it is to find, borrow and subsequently return the books to the library. For those who haven't familiarised themselves with the library procedure, it's quite simple. Browse the shelves or, if it's a particular book you're after, check on the computer. Once you've found a book, take it with you, read it in your own time, and then return it to the shelf marked "Returns". Please don't try to reshelve it. We keep a record of books borrowed (just the author) to help keep the library relevant. Our volunteers do a wonderful job maintaining what is an important resource for Maroochy Quays. To ensure this happens we would welcome more volunteers. Contact Rhonda (Villa 45).

We welcome new donations of books but please understand that we can't keep all of them. Those, mainly fiction, in good condition, for which we don't already have one or perhaps two copies may be catalogued and shelved. Other books will be passed on to other libraries or exchanged for new books. Non fiction books are even more heavily scrutinised as records show they are generally much less popular. Have you made your New Year's resolution? Did you disclose it to your family? Or worse, mention it on social media? It's a good idea to leave it until well after the Christmas/New Year period since you may have over-indulged causing you to make rash promises. Like me you may have prioritised weight loss only to see it once again fail once chocolate Easter eggs were exchanged. Fortunately, I hadn't told anyone. New Year's resolution ideas for seniors. (<https://stellarliving.com/winter-workout-tips-for-seniors/>)

Summarised below:

1. Eat more nutritious foods.

Your health matters now more than ever. Adding more nutrient-dense foods to your diet can help you feel better and have better energy.

2. Move joyfully.

Find a method of movement or exercise you truly enjoy, and incorporate it into your daily habits. Physical activity is especially important for older people as it supports heart health, strengthens joints, and reduces the risk of injury from falls.

3. Learn something new.

What have you always wanted to do, but never had the time for? A language, sport, or hobby? Learn it now! Set a goal to keep learning this year.

4. Make new friends, or spend more time with old ones.

Feeling lonely and isolated actually has serious health concerns. Research shows that loneliness causes heart disease almost to the same extent that smoking does. So set a goal either to make new friends, or keep in regular contact with old ones.

5. Organize your life.

If you need to create a will, organize your finances, clean out the garage, or coordinate your medical records, this is the year to do it! What can you organize this year that will make your life easier in the future?

6. Sleep better.

Stop settling for low-quality sleep! Find solutions to sleep problems you might have, create a better nighttime routine, or talk to your doctor about insomnia or other concerns you might have about your sleep.

7. Stay creative.

Find creative outlets for your mind this year. You can try a new form of art, like watercolor painting or sculpting, or take up an old hobby you haven't visited in a while. Creativity is important for brain function, so prioritize being creative.

8. Preserve your life story.

Your grandchildren and great-grandchildren want to know about your life, all of it, including the parts before they were born. Memorialize your life story in some way for your descendants to read or watch. You could scrapbook, compile photo albums, write a memoir, or record videos of yourself talking about your life.

9. Learn new technology.

It can seem pointless or impossible to keep up with technology these days, but failing to do so means you're missing out on ways to connect with the people who matter most to you. Try to learn and keep up with today's tech, so you can continue to experience everything good the world has to offer.

Did you find this quite overwhelming? You shouldn't have! You are achieving most already since you have become a member of our Maroochy Quays community. That required a positive mindset! However, you might want to do a little more. There are groups, activities and like-minded people who are ready and willing to welcome you aboard.

by : Lindsay Villa 25