



Carol's Catch-Up

Where do I start with 2020? I began the year with hope and anticipation, as I was having a 'big 0' birthday and had organized an overseas trip with my husband, and a family trip to Noosa. I was expecting another great year for our Momentum program, to see more people coming along and joining our happy family of exercisers. I had arranged social outings and everything was looking rosy. In March though, I was down at Rye with friends when I received a call from a colleague to say Aquarena was closing indefinitely due to COVID-19 - I could hardly believe what I was hearing, and it wasn't until then that I realized just how serious this was and how it would change our world forever.

I had never heard of Zoom, telehealth conferences, or scripts being sent to the chemist or your phone. I had never used Facetime to catch up with grandchildren. I had never taught exercise classes on Facebook, or bought so many presents via online shopping. I have learnt how to do so many new things this year! I've also had the opportunity to rediscover walking, cooking, new areas of my garden, and even my neighbours, as our worlds have changed, for better or worse, and we are forced to adapt. I have been so impressed with many of our Momentum members who have overcome challenges and tried new things, taken it all in their stride. Some of you kept up with regular walking groups, and enjoyed coffees together and that has been wonderful to hear about too.

At Aquarena we were constantly evolving and adapting to changing restrictions and legislation, but it was wonderful to be able to start up classes again last month, and see so many people glad to be back exercising together. Of course this was led by our Ironmen who booked out every session, and were very pleased to see the cafe reopen last week too, so they could stay for their coffee after class.

For 2021, most classes will resume gradually as people return from holidays and we respond to the changing needs of participants and instructors. Some classes will change no doubt, but I know we will rebuild our strong and vibrant older adults program, and deliver again a huge variety of classes from our fabulous team of instructors. I am hoping that our off-site classes will resume late January in the same locations. As I've been speaking to participants, I know that you are all in different places - some are excited to get back, some have different habits now, others have committed to babysitting, and some of waiting for the vaccine. I hope that you will stay connected with Aquarena regardless of which category you are in, and you will return to your classes when the time is right for you. All cleaning procedures will be the same for our off-site classes as for our classes at Aquarena, and both the Council and Aquarena have extremely high cleaning standards, but if you have concerns about the procedures and systems that have been implemented, please get in touch with me.

Remember we have new Momentum classes every week on Aquarena's Facebook page, so for those of you who have a computer or laptop, you can keep up with your exercise this way until you return. If you have Momentum program friends or run into people at the shops, please let them know that we are returning next year as usual and instructors will be looking forward to catching up again. Throughout COVID I've had a weekly Zoom catch up with instructors, and we've been able to support and encourage one another. They are keen to get back to classes, so it has been great that Aquarena were able to open up their doors before Christmas.

So, 2020, wow wow wow! I am hoping that we don't have another year like that again but if we do, I know that we will all survive and get through it together. But bring on 2021 so we can continue to strive to live healthier lives.

Yours in fitness, *Carol*

REFLECTIONS FROM OUR INSTRUCTORS



BREE

When I look back at 2020, many emotions and images come into my mind. I see COVID-19, homeschooling my sons Olly (9) and Charlie (11) for over 6 months, my husband working from home 24/7, and me delivering Zoom exercise classes from our barn.

I love baking and I really enjoyed assisting Charlie to make a delicious chocolate drip cake for a school project (see picture). I was kept fit by Olly who took me on lots of bike rides, often along the same tracks over and over again due to time and distance restrictions.

I really enjoyed the sense of time, space and calm that 2020 allowed. Although sometimes a challenge, as I start to get back into my usual routine, I realize that there were many benefits that came out of lockdown. I am looking forward to seeing what 2021 brings!



CAROLE

During our lockdowns I have been streaming Pilates classes from home. I loved doing this but initially it was challenging to master the technology needed! Eventually I got the hang of it though, and I was so pleased to get messages from my participants enjoying the sessions in their homes!



KAYE

Well, what a year. For me it started well with a trip to northern NSW to see my two gorgeous granddaughters, with fun beach walks and swims. It was a shock to arrive home and be restricted to walking around the block, and the only warm water was in the shower. So what kept me going? It was online classes, making videos for Aquarena Facebook, lots of coffees (thank goodness for my coffee machine!), yummy food and cakes, crosswords, podcasts, reading and friends' faces on Zoom. Borders are now open and I'm ready for another visit up north. Thank you to Carol for her great leadership and to every one of you who supported our instructors on our video sessions. Your generosity with comments and likes means a lot to us.

AMY

During lockdown, I made sure I was being productive each day, and studying to become a marriage celebrant was my main focus. I'd walk each morning, spend time in the vegie patch and try my hand at being creative. Hanging with my three teenage children was by far my highlight. Being forced to spend time together is priceless.



JACQUI

2020 started off great - back to classes, and in February Tom & I had a break and headed up to Noosa. The rest of the year seems then to have been taken up with COVID-19, ISO and lockdown. We tried our best to make the most of it, with lots of walking, cooking, carrying out forgotten chores, and doing online courses. Then there was the joy of seeing family and friends again as restrictions eased, which was so lovely and special. Christmas shopping is now top of my list as it is suddenly looming on the horizon.

LOUISE

My plan for 2020 was to spend more time on our boat, Tabitha, learning to sail. With boat problems in the new year then lockdown that plan was abandoned. Needing a new focus, I put on my tradies pants, took to the power tools and smartened up my house, put it on the market, and sold. Luckily I was also able to buy with settlement dates coinciding on 15 January. With all that complete, I was able to resume sailing lessons with my husband recently when lockdown was eased. It's been exhilarating to get back on the water, and I'm finally starting to feel like a useful crew member. As I'm the photographer in our house, I'm in very few photos, but here's one from a recent sailing trip.





JUDY

This year I received an Order of Australia medal for services to the allied health community. The investiture was held at Government House in November. Apart from this highlight, I've had my family of four, including 4½ year old twins, living with me for seven months. It was wonderful family time together but now they've headed home it's time to clean - and rest!



CAROLE

I have coped with COVID through a combination of walking, wine, and gym workouts. I live with two athletes, so our garage is well-equipped now! I taught a few Year 9 boys through remote learning - that was very interesting and entertaining. Finally, COVID reinforced how lucky I am to be fit and healthy and be surrounded by a wonderful family.

TRUDI

I have been very busy this year while I have been restricted to my unit. I did get a little cabin fever by the end, but luckily the rules started easing just as I was starting to go mad! I have been busy with work, starting a new business (luckily most of it is online), and maintaining a couple of clients with my bookkeeping business. I've got through lots of books (highlights include *At Home*, *Anne of Green Gables*, and *The Elephant Whisperer*), finished lots of jigsaw puzzles, covered lots of (the same) ground walking every day, and shuffled around, repotted, and pruned more plants than I realised I had! I also finished off some study and achieved my Certificate IV in Training & Assessment.



LORETTA

The new and exciting thing I did during the lockdown was that I bought myself a pushbike and started cycling. I explored the walking and cycling tracks in our area, and I have to say we have some wonderful flora and fauna and panoramic vistas in our immediate area. If you didn't know better, you would think you were somewhere in countryside. It's been wonderful.

KAYTE

I didn't really feel to affected by COVID for a long time this year because my work as a horticulturalist wasn't affected till the hard lockdown in July. Initially, the roads were lighter, my husband was educating the kids at home, and my work was pretty normal (aside from not being able to teach my exercise classes). I have to admit that I enjoyed the simplicity of life without all the running around. However when I was told that I could no longer go to my workplace at all, I really felt how many people had been feeling for months. Life was different, I couldn't deny it anymore.



My family and I were lucky to have embarked on a bit of a backyard reno earlier this year, and so that became a bit of a focus for us. We levelled out more areas, installed more wicking beds (garden beds with a body of water at the bottom of them - look them up!) and built a larger chicken coop to house more chickens. We also took on a bit of a project to make videos for the children in our church as we had moved to online services. These ended up to be quite epic creations that we could never have done in 'normal' life.

Upon reflection, I am grateful for a chance to exhale and pause as a community. Sure, there were some very difficult moments, like living on each others toes, only being able to have a secret rendezvous on a bike path with my mum on her 70th birthday, and financially, like many, we have taken a hit. But I think for us, the chance to get back to simple things, slow down the brain, be more involved in the kids education, and create something we couldn't have done otherwise were huge blessings for myself and my family. I truly hope that we can all help each other to step out of this challenging season, and that you too can see some blessings within the storm.

LUCY

I've spent a few of the COVID months mending broken bones, both mine and my partner Charly's. Early on my plans for painting my house were thrown out the window, when he fell off a ladder, fracturing two vertebra and five ribs. While nursing him back to health I had my own fall on kitchen tiles, breaking two bones in my wrist. Thankfully, we are both well recovered now. My garden has been getting a lot of attention and it's looking great. Lots of chats over the phone and computer with friends and family too. I've learnt card magic tricks to impress my grandchildren, and I've done lots of walking and talking to people in my area, getting to know my neighbors better. It's been a quiet time for me, and I am very much looking forward to seeing everyone again soon.





Mary



The abrupt shift in all of our lives deeply affected me because I missed doing the thing I love most - teaching and engaging with the beautiful people in my classes. I was sad for all the wonderful members who had come so far with their dedication to their friendships, health and fitness. Most of my time was dedicated to professional development in preparation for our return, and also continuing post-grad study at RMIT. I was quite overwhelmed at the beginning, however, I was determined to succeed. From my courses and research, I have developed a better understanding

of effective people management and leadership, and feel proud to have achieved outstanding grades. To 2021, I look forward to making new memories with everyone upon their return to Aquarena. Sending love and (elbow) hugs to everyone!

Christmas Classes & Closures

Momentum's final Christmas week will begin on Wednesday 16th and run through to our final class on Tuesday 22nd December. Please continue in our tradition of dressing up in something festive, or adding a little tinsel and colour to your outfits, as we celebrate the end of another year - even if we don't entirely feel like we earned it! Classes will resume at Aquarena on Monday 11th January. Our offsite classes will come back later in that month. We will let you know when our first classes are scheduled.

Christmas Lights

Carol's Christmas lights are up and the display is better than ever this year! If you want to see them up close, follow the glow on the horizon over Viewbank, or use your GPS to take you to 23 Toumlin Grove!



Zoom Luncheon

Thank you so much to all those who came along to our Zoom Momentum Christmas Luncheon! It was a first for all of us, and we have heard so much good feedback. It was so lovely to see so many familiar faces that we haven't been able to see all year. For the instructors that have yet to return to Aquarena they loved being able to catch up with participants and the other instructors in the breakout rooms. We had a bit of fun with our 'masked singers' too - can you work out who is who below?

Bree & Amy



Trudi



Carol



Kaye



Carole

