



Berrington

# COMMUNITY NEWSLETTER

SUMMER 2015 | BERRINGTON.COM.AU

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CLINICAL CARE SETS A STANDARD • CRAFTY CUP ACTIVITIES



Incorporating exercise and concentration at Tai Chi.

## ANCIENT ARTS IMPROVE WELLBEING

At Berrington, we seek to deliver a progressive and holistic approach to improving wellbeing. As part of this, residents can join classes in Tai Chi and Yoga.

An ancient martial art, Tai Chi is recognised for helping flexibility, balance and overall wellbeing, and Berrington residents have been participating in modified sessions for well over a year.

One of the many attributes of the Berrington team is the management's emphasis on professional development to broaden their learning. When the value of Tai Chi was highlighted at a conference, Lifestyle Manager, Sam Singh, researched the possibilities, which led to fortnightly classes being organised by Monika and John Wong from the Australian Academy of Tai Chi.

Tai Chi is regarded as one of the most effective exercises for a healthy mind and body, and although it has great depth of knowledge and skill, it can be easily learned and practised at any level, and soon delivers health benefits. Monika and John lead the group in a gentle yet stimulating workout that the group can manage.

One of the attendees, Mrs Mary Mackay-Scollay said, "I enjoy the sessions. I like keeping active; I also walk around our lovely gardens three times a day. Mrs Carla Crostella commented, "Tai Chi makes me move and think."

Yoga is also organised for residents each Saturday morning when a volunteer teacher visits, encouraging participation in gentle stretching and relaxation techniques.

Both activities not only support residents' wellbeing, but also provide opportunities to socialise.