

Healthy eating and regular exercise keeps us young in body and mind, or that is what we are told. Here are a couple of ways to get some regular exercise.

Darryl Butler has been running a weekly exercise group in Batchelor and Adelaide River. In an article attached Darryl gives the history of the groups and the reason for change of name from *B3* to *Agemoves*.

Another exercise activity is Aqua- Aerobics at the Batchelor Pool. These sessions started last Wednesday at 5.15pm – 6pm and will continue for 5 more weeks at the cost of \$5.00 per session. Aqua –Aerobics is a very safe form of exercise because the water supports you as you move. It is also fairly private in a way because all the movement or lack of it, happens under the water.

The Batchelor branch of St Johns is recruiting. This group meets at the St Johns Shed on the 2nd & 4th Monday of the month to practice first aid skills. The sessions go from 4.45 – 6.30 pm. On Monday the 12th the focus will be on resuscitation. This is a skill everyone should have, but they hope they will never have to use it. Come along and join us.

There are a couple of changes in the regular events. Firstly, the Quiz night for April will be held at Rum Jungle Tavern due to inclement weather. Both food and all alcohol must be purchased at the Tavern, so eat before or buy something to share. Secondly, the date of the COTA morning tea has been changed to 23rd March because the last Friday of the month is on Good Friday

Finally, I would remind people over the age of 65 to make a time with the Clinic to register with *My Aged Care*. Although you may not need assistance at the moment, if we all register, it will give a truer picture of the future needs of our region

Prue King
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Regular Events

Bus to Darwin

Fourth Monday of the month
Monday 26th March
Booking essential
Call Jan on 89760255

Morning Tea

Friday 23rd March
from 9.30am
Rum Jungle Bowls Club

Quiz Nights

First Saturday of the Month
April 7th and May 5th 2018
Venue – Rum Jungle Tavern
No BYO food or drinks - eat at home or
dine at the Tavern.
7.00 pm for 7.30 start
\$5 to play

Coomalie Community Shed

2 Cutler Place, Batchelor
Tuesdays 8.30-2.00
Call James Wright on 0488195410

Agemoves Exercise Group Batchelor

Every Tuesday, 5.00pm-6.15pm
Research Building, BIITE

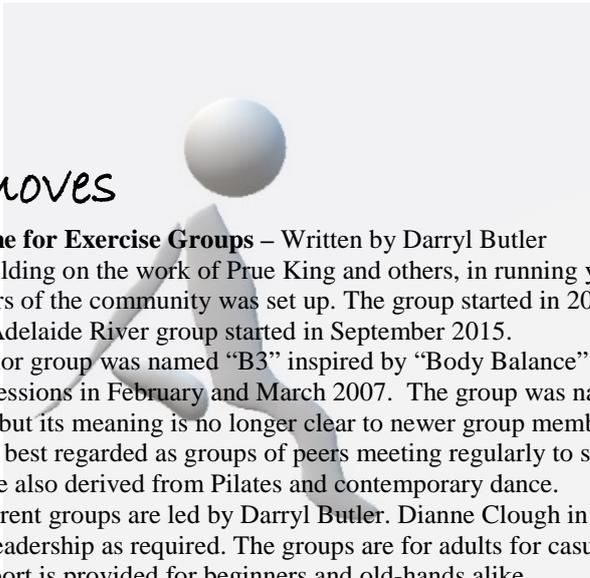
Adelaide River

Every Wednesday, 3.30pm – 4.45pm
Library, Adelaide River School

Call Darryl on 89760160

Batchelor Markets

Sunday 8th April 2018
8.00am – 1.00 pm
Contact Denise Wright
89767117 or 0488 195 430



Agemoves

A new Name for Exercise Groups – Written by Darryl Butler

In 2007, building on the work of Prue King and others, in running yoga sessions for staff at BIITE, a new group open to staff and members of the community was set up. The group started in 2007. Since then Darryl Butler has led, assisted by Prue King. The Adelaide River group started in September 2015.

The Batchelor group was named “B3” inspired by “Body Balance” taught by Sarah Calver and Wendy Morrison in Batchelor over three sessions in February and March 2007. The group was named **Balanced Bodies in Batchelor** or **B3** for short. The name stuck but its meaning is no longer clear to newer group members. B3 has also transformed over time. The two weekly sessions are best regarded as groups of peers meeting regularly to share exercise time. Yoga remains the major influence, but exercises are also derived from Pilates and contemporary dance.

The two current groups are led by Darryl Butler. Dianne Clough in Adelaide River and Prue King in Batchelor provide additional leadership as required. The groups are for adults for casual or regular attendance. Experience varies greatly but mutual support is provided for beginners and old-hands alike.

There is no cost to participating. Entirely optional gold coin donations are managed by Coomalie Branch of COTANT. Leaders are strictly volunteers and donations are used to promote health and well-being in Coomalie community. Donations have been used to buy yoga mats, yoga blankets and yoga belts for the groups. In addition, donations have been made to both the Adelaide River School and to Batchelor Area School to support the health and well-being program in the school curriculum.

From March 2018 both groups will use the umbrella name of *Agemoves*. The name implies movement is central to good health for all ages. *Agemoves* is a collaboration between, Darryl Butler, group leaders, BIITE, the Adelaide River School, Coomalie Branch of COTANT and all group participants.

Note:

- The group purpose is to be welcoming in mutual support and encouragement to undertake regular exercise.

There are two sessions of *Agemoves* each week:

- 5.00 pm – 6.15pm Tuesdays at the Research Building at BIITE
- 3.30pm-4.45pm at Adelaide River School Library

Bookings not required.

More information from Darryl Butler by phoning 89760160.

- Yoga is the framework in which this is done. *Agemoves* is not a program or therapy. Prior experience

is not needed.

- Participants have a range of skill levels and experience and leaders adjust exercises accordingly. Leaders, however, are not qualified to give medical advice or other health advice for any specific health issues.
- Group leaders share their own learning with the group and provide a structured opportunity for regular exercise aimed at improving flexibility, balance and strength.