



DAY 22

17 MARCH 2020

Stay at home!
Stay safe!

Stay on top of your game with these brain teasers!

ONCE AGAIN THE WASHINGTON POST HAS PUBLISHED THE WINNING SUBMISSIONS TO ITS YEARLY NEOLOGISM CONTEST, IN WHICH READERS ARE ASKED TO SUPPLY ALTERNATIVE MEANINGS FOR COMMON WORDS.

THE WINNERS ARE:

1. **COFFEE (N.)**, THE PERSON UPON WHOM ONE COUGHS.
2. **FLABBERGASTED (ADJ.)**, APPALLED OVER HOW MUCH WEIGHT YOU HAVE GAINED.
3. **ABDICATE (V.)**, TO GIVE UP ALL HOPE OF EVER HAVING A FLAT STOMACH.
4. **ESPLANADE (V.)**, TO ATTEMPT AN EXPLANATION WHILE DRUNK.
5. **WILLY-NILLY (ADJ.)**, IMPOTENT.
6. **NEGLIGENT (ADJ.)**, DESCRIBES A CONDITION IN WHICH YOU ABSENTMINDEDLY ANSWER THE DOOR IN YOUR NIGHTGOWN.
7. **LYMPH (V.)**, TO WALK WITH A LISP.
8. **GARGOYLE** 🗨️, OLIVE-FLAVOURED MOUTHWASH.
9. **FLATULENCE (N.)**, EMERGENCY VEHICLE THAT PICKS YOU UP AFTER YOU ARE RUN OVER BY A STEAMROLLER.
10. **BALDERDASH (N.)**, A RAPIDLY RECEDING HAIRLINE.
11. **TESTICLE (N.)**, A HUMOROUS QUESTION ON AN EXAM.
12. **RECTITUDE (N.)**, THE FORMAL, DIGNIFIED BEARING ADOPTED BY PROCTOLOGISTS.
13. **POKEMON** 🗨️, A RASTAFARIAN PROCTOLOGIST.
14. **OYSTER (N.)**, A PERSON WHO SPRINKLES HIS CONVERSATION WITH YIDDISHISMS.
15. **FRISBEETARIANISM (N.)**, (BACK BY POPULAR DEMAND): THE BELIEF THAT, WHEN YOU DIE, YOUR SOUL FLIES UP ONTO THE ROOF AND GETS STUCK THERE.
16. **CIRCUMVENT** 🗨️, AN OPENING IN THE FRONT OF BOXER SHORTS WORN BY JEWISH MEN.

THE WASHINGTON POST'S STYLE INVITATIONAL ALSO ASKED READERS TO TAKE ANY WORD FROM THE DICTIONARY, ALTER IT BY ADDING, SUBTRACTING, OR CHANGING ONE LETTER, AND SUPPLY A NEW DEFINITION.

THE WINNERS ARE:

-BOZONE (N.): THE SUBSTANCE SURROUNDING STUPID PEOPLE THAT STOPS BRIGHT IDEAS FROM PENETRATING. THE BOZONE LAYER, UNFORTUNATELY, SHOWS LITTLE SIGN OF BREAKING DOWN IN THE NEAR FUTURE.

-CASHTRATION (N.): THE ACT OF BUYING A HOUSE, WHICH RENDERS THE SUBJECT FINANCIALLY IMPOTENT FOR AN INDEFINITE PERIOD.

-SARCHASM (N): THE GULF BETWEEN THE AUTHOR OF SARCASTIC WIT AND THE PERSON WHO DOESN'T GET IT.

-INOCULATTE (V): TO TAKE COFFEE INTRAVENOUSLY WHEN YOU ARE RUNNING LATE.

-OSTEOPORNOSIS (N): A DEGENERATE DISEASE. (THIS ONE GOT EXTRA CREDIT.)

- KARMAGEDDON (N): IT'S LIKE, WHEN EVERYBODY IS SENDING OFF ALL THESE REALLY BAD VIBES, RIGHT? AND THEN, LIKE, THE EARTH EXPLODES AND IT'S LIKE, A SERIOUS BUMMER.

- GLIBIDO (V): ALL TALK AND NO ACTION.

- ARACHNOLEPTIC FIT (N.): THE FRANTIC DANCE PERFORMED JUST AFTER YOU'VE ACCIDENTALLY WALKED THROUGH A SPIDER WEB.

- CATERPALLOR (N.): THE COLOR YOU TURN AFTER FINDING HALF A GRUB IN THE FRUIT YOU'RE EATING.

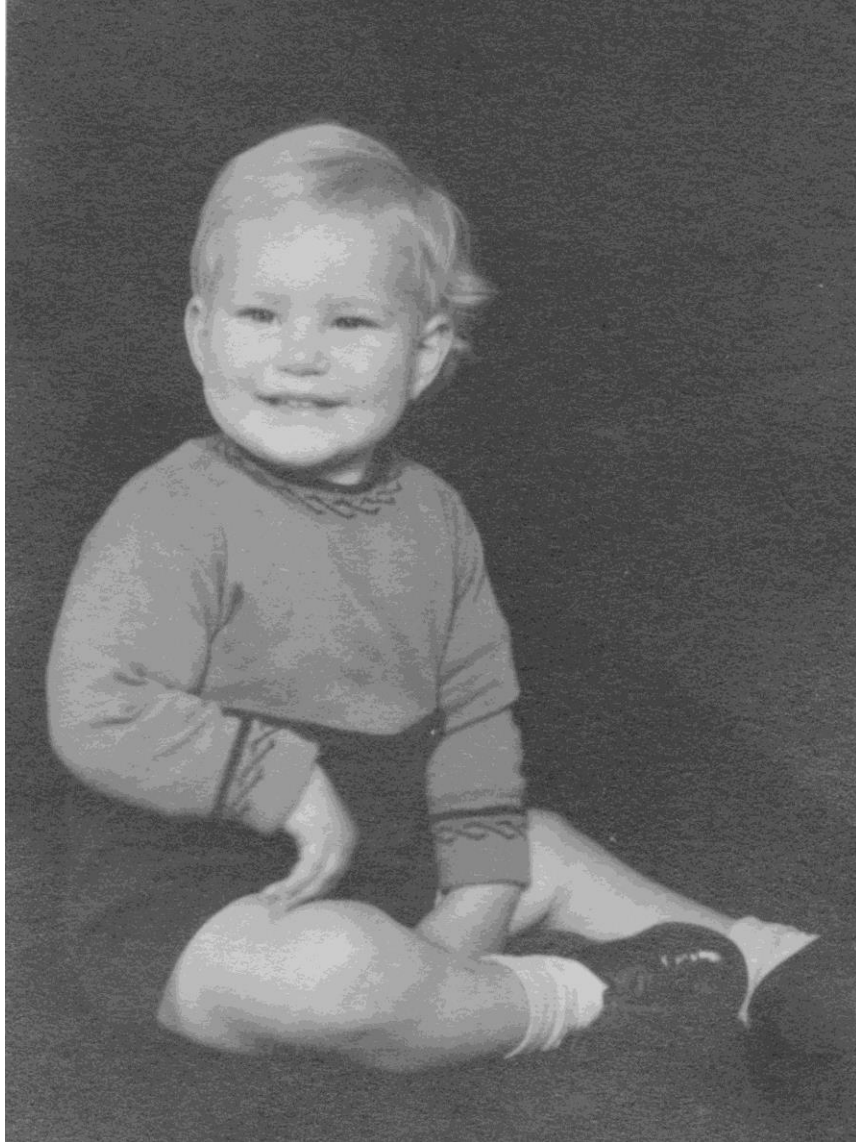
AND THE PICK OF THE LITERATURE:

- IGNORANUS (N): A PERSON WHO'S BOTH STUPID AND AN ASSHOLE.

PHOTO QUIZ FUN

PLEASE SEND A BABY PICTURE OF YOURSELF TO WILMA WHO WILL COMPILE PICTURES INTO THIS QUIZ AND LETS SEE IF WE CAN IDENTIFY THE PEOPLE IN THE PHOTOS?

**OK, THIS IS ALMOST TOO EASY! THEY ARE MARRIED
AND REALLY GOOD AT TAKING PICTURES.....**



HOW WE USED TO PLAY SOLITAIRE BEFORE COMPUTERS!



Basic Bed Activity Exercise program

Notes :
Basic Bed Activity Exercise Program

1 Shoulder flexion



Lying on your back with knees bent and arms by your sides, palms facing the ceiling.
Slowly raise your arms straight overhead in an arc fashion as far as possible, keeping your chin tucked-in.
To progress, repeat holding a stick in your hand.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

2 Hip/knee flexion



Exhale and contract your abdominals.
Lift one knee towards you and lower the leg on the inhale.
Repeat on the other side.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

3 Strengthening ASLR



Lie on your back with one knee bent and the affected leg completely straight. Lift your leg off the bed to 45 degrees, keeping it straight. Lower the leg to the starting position and repeat.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

4 Glute bridge



Lie on your back with your knees bent.
Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs.
Slowly return to the initial position and repeat.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

Basic Bed Activity Exercise program Continued.

5 Transverse recruitment



Lay on your back on a firm, flat surface with your knees bent, feet flat and head supported on a pillow.
Place your hands just above your hip bones in front and slightly toward the centre of your belly on each side to monitor the contraction of the transversus abdominis muscle.
Find your neutral spine position by slowly rolling your hips backward to press your back toward the surface, then slowly roll your hips forward to lift your back away from the surface. Slowly move between these two positions to find your most comfortable position. This is your neutral spine position.
Keep your neutral spine position throughout the exercise.
Gently pull your belly button toward your spine (abdominal bracing), you should feel a slow and deep tension under your fingers without any superficial abdominals activation (rigidity of the rib cage) or any movement of the pelvis.
Hold the contraction for the recommended time.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

6 TA activation, heel lift



Lie on your back with your knees bent and your back in neutral position (slightly arched).
Engage your core by recruiting your pelvic floor and transversus abdominis.
Lift one foot slightly off the surface and hold the position for the recommended time, breathing normally.
Slowly lower your foot to the surface and repeat with the other foot.
Keep your back and pelvis completely still at all times.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

7 Mini crunch



Lie on your back with your knees bent and arms crossed on chest.
Tuck your chin in and lift your upper body up enough to lift your shoulder blades from the ground while exhaling.
Return slowly to the initial position while inhaling and repeat.
To progress, repeat with your hands behind your head or with your arms stretched out overhead.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

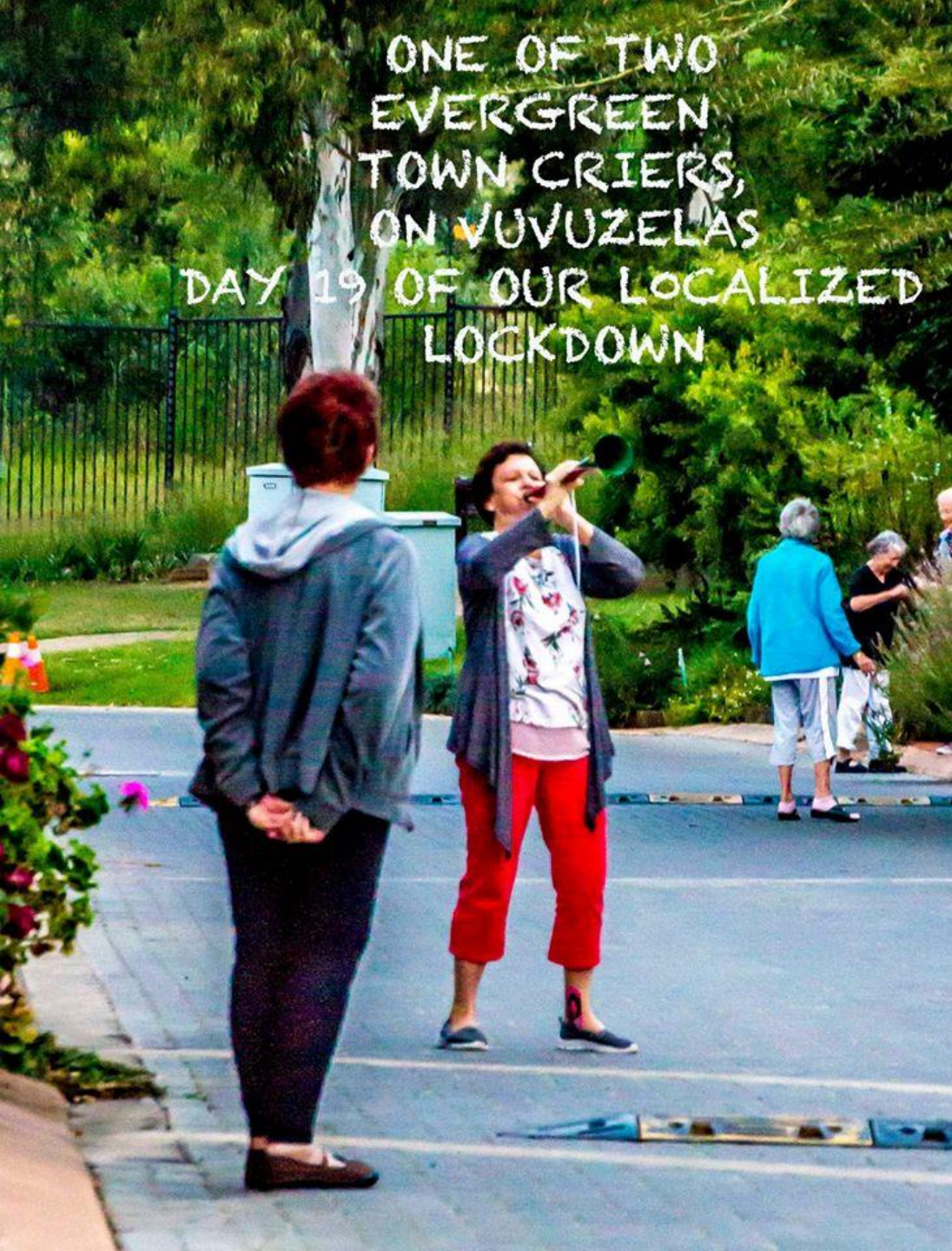
8 Cat and dog stretch



Start on all fours with your back straight, hands under the shoulders and knees under the hips.
To do the dog stretch, slowly inhale and let the belly fall toward the floor to arch the back and extend the head at the same time.
To do the cat stretch, slowly exhale, round the back and tuck the chin to the chest.
Alternate between these two positions slowly.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

ONE OF TWO
EVERGREEN
TOWN CRIERS,
ON VUVUZELAS
DAY 19 OF OUR LOCALIZED
LOCKDOWN

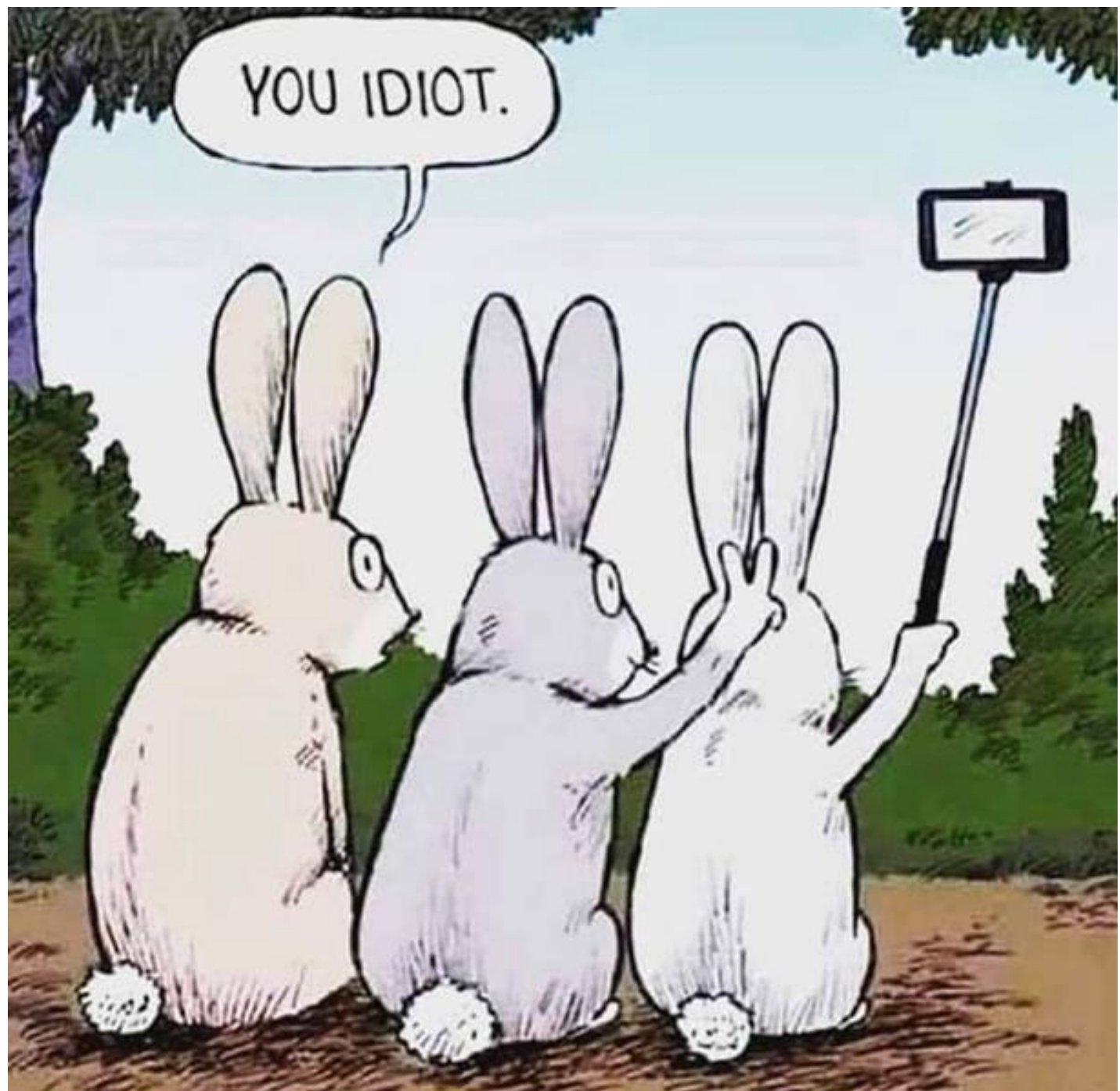


ANOTHER TOWN CRIER
DURING LOCKDOWN
BUT THESE 2 CELEBRATING
THEIR GOLDEN WEDDING
ANNIVERSARY AS WELL!!



This too
shall pass.
It might pass
like a kidney
stone.
But it will pass.

8-IMAGES.BLOGSPOT.COM



Would you still go out if you could see it?



2020 is a unique Leap Year. It has 29 days in February, 300 days in March and 5 years in April.





WEEKLY LUNCH

20-26 April 2020

MONDAY 20 April 2020 - R48

Beef lasagne served with toasted garlic bread

TUESDAY 21 April 2020 - R48

Pork sausages, mash potatoes and peas

WEDNESDAY 22 April 2020 - R55

Prawn and Chorizo Paella

THURSDAY 23 April 2020 - R48

Creamy peppered chicken livers served with mashed potatoes

FRIDAY 24 April 2020 - R48

Buttered hake, chips and Greek salad

SATURDAY 25 April 2020 - R48

Bacon & potato bake served with broccoli

SUNDAY 26 April 2020 - R76

Roast Beef, roast potato, Cauliflower with Cheese Sauce

And beetroot salad.

Free chocolate brownie with each meal.

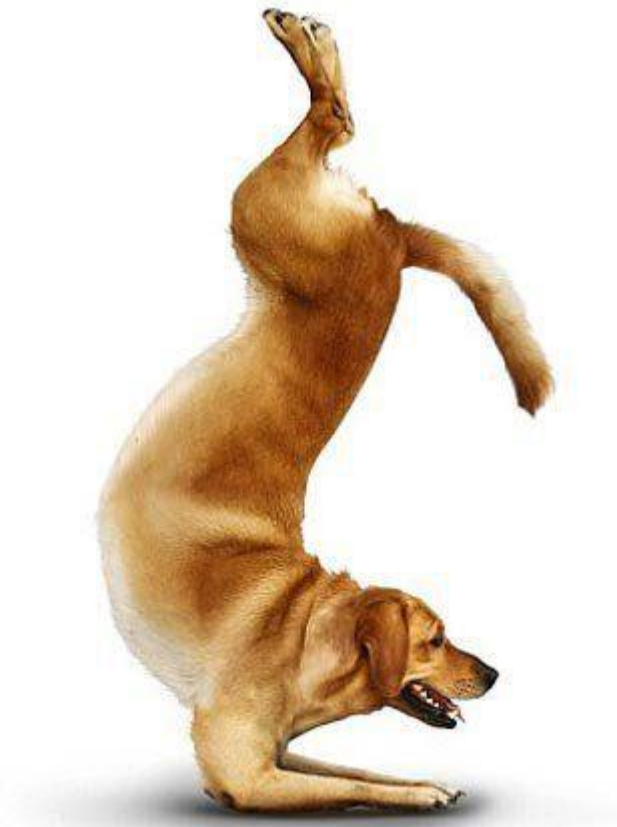
**CONFIRM BOOKINGS BY 09H00 ON RESPECTIVE DAYS
AT THE BISTRO EXT 1209**



Quick prawn and chorizo paella



How to tell time during quarantine



Government: No alcohol will be sold during lockdown

South Africans:





Birthdays - April 2020

- 2nd André Oosthuizen (86)
- 4th Sheila Schulkins (79)
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- 5th Vince Boswell (73)
- 6th Maureen Slogrove (70)
- 7th Chris Brennan (81)
- 9th Catherine Plaskett (82)
- 11th Maureen Privett (74)
- 13th Sally Branson (83)
- 14th Kiloran Townsend (64)
- 15th Heather Morgan (73)
- 16th Henry Dobrowolski (70)
- 19th Ernie Mutch (74)
- 20th Robin Slogrove (77)
- 21st Dick Townsend (81)
- 24th Cyril Rabinowitz (82)
- 27th Viv Pike (85)
- 30th Gunther Wrogemann (87)

Anniversaries - April 2020

- 4th Brian & Patricia Morgan (1992)
- 5th David & Patti Bromfield (1975)
- 11th Taffy & Elizabeth Davies (1970)
- 13th Dick & Kiloran Townsend (1983)
- 19th Vince & Gloria Boswell (1996)
- 29th James & Margo Goodwin (1967)
- 30th Robin & Maureen Slogrove (2005)