



Meeting Minute –The MARTINIS

Location: Zoom

Date: May 6th 2020

Welcome to the Martinis Zoom meeting due to COVID-19

Around the Table: 1 minute update by each PD member.

The question of the month is “What are we doing in isolation?”

We are all doing lots of things such as: reading, walking, lots of Netflix, afternoon naps, still working, bike riding, gardening, PD Warrior and cooking.

Also “What are keen to get back into?”

Work, church – face to face, heading to WA, relaxing at the beach, traveling and caravanning.

Our guest speaker this month was Michael Barrett who talked about the need to continue multi-tasking exercises which means using both your body and mind when exercising. He suggests the need for high intensity exercises for 20min per day with multitasking. We need to make a plan for exercise each day and this can help reduce some overall anxiety that has become elevated due to COVID-19. He demonstrated how to move your body as well as counting and saying the alphabet out loud – sounds simple? A few of us struggled doing these exercises in our Zoom rooms. 😊

General Business:

- Our meeting dates for 2020 are as follows:
 - Wed 10th June
 - Wed 15th July
 - Wed 19th August
 - Wed 23rd Sept
 - Wed 28th Oct
 - Wed 2nd Dec
- We have some great ideas for guest speakers in 2020 but we are always looking for good ideas. If you have a good idea, please let Glenn Parsons know.
- A suggestion has been put forward to have a weekend away, probably later in the year, as a social gathering to

get to know each other and enjoy a relaxing weekend. It will probably be at Swansea caravan park where those with caravans can bring them, or those without can stay in a cabin. Also, we will probably have a Saturday BBQ and those that can't make the full weekend can come too. It is a very child friendly spot right on Lake Macquarie so extended families can come and enjoy too. Details to come later as they develop. Obviously we have COVID-19 in mind but we still keep this on the agenda.