*Ottawa Outlook, nee North Hero News and World Review …. ……. Mostly stuff no one else would print.* Outlk14wc6

May 18, 2014 (2014 Letter # 6)

 THERAPY SESSIONS REVISITED.

 (Oh boy, … 18 days late, a new record! We’ve been perfectly fine but the computers been sick. Suppose we could have snail-mailed this edition but that would have put too big a dent in the brandy budget.)

 Our *Senior Advanced Class* Therapy Sessions are proving to be quite Challenging in a way we hadn’t anticipated. The exercises themselves are a real challenge , however … the course takes it upon itself to work on breathing and endeavors to hone the mental capacity of the senior attendees, seniors being 80’s and 90’s.

The latter, mental state honing, started rather sneakily. Exercises are announced, described, shown and assigned a certain number of ‘Reps” like *“We are going to do shoulder rolls forward 12 times while counting”. And don’t forget to* breathe”*. Breathe? Yes,*. **BREATHE**. The very first day in class I was told that I didn’t know how to breathe. *“Inhale through the nose, expanding the diaphragm, not the chest, and exhale through the mouth”*. Now, for someone who has trouble doing two things at once, like patting the head and rubbing the tummy, this was four. ( The exercise, the count, the inhale and the exhale.) When the twelve reps were reached it was, *“Okay, now do 12 shoulder rolls backward counting from 12 to zero.”*

 Is everybody following this so far? Well, yes… , most people can count from one to twelve in their sleep so of course that was much to easy, it was changed to ten reps counting from zero to seventy by sevens. Then the same exercise is done in reverse counting from seventy to zero by sevens, followed shortly by the next exercise counting to eighty by eights. The class instructor who we shall call ‘The Sadist’, circles the room with pointed finger, *“I can’t hear you, count louder, … You are not* ***Breathing***.”

Think we were through with mental challenges? Not quite. A few Tuesdays ago we came into the exercise room and there was a large poster on the wall. Russian numbers from one to twelve. So, it was slow, slow squats counting forward and back in Russian. We have since become ‘ambi-numeric’ as Russian was followed by Italian and German. Good Grief!

 Finally we were told that the very best type of exercise for the mind was dancing. So now we dance. Square dance was first. This was fine with with Ken who in the distant past was a Madison Square NYC Square dancer. ( Am sure sister Beth will vouch for that.) We are currently immersed in the Cha-Cha. The sexes are not equally represented , there are twice as many women as men. Consequently, instead of girls and boys we have ones and twos. Steps are called out by number and name. To wit, *“Ones Greet”* Fortunately all instructions are yelled in English so no mental transpositions are required.

Think we will end this epistle with a ‘call’ from our old square dance Caller Ed Derlacher, circa 1940s.

Oh you grab your partner by the wrist’

And around the first with a Grape Vine Twist.

Circle back on the same old track

Around the gent with the crooked back.

The Grape Vine Twist, a real knee-slapper. And like the ‘Twist’, we will be circling back to you all come come June 1st.

Till next month then,

Lucille & Ken, … still mobile in Ottawa.

Reg. dist.: 41 households, cc “The Sadist, nee Natasha.

Ken Jefferson
ken.jefferson@sympatico.ca