

# North Shore's Senior YouTube Sensation

Take 7 days, 27 people from Settlers Albany Lifestyle Village, 1 audio/video producer, 1 dancer/choreographer (also Settlers residents) and 1 iconic Kiwi soundtrack 'She's a Mod' by Ray Columbus and the Invaders and readers, you have one very hip video ... and we're not talking replacements!

We came across the Energetics video on YouTube and contacted Settlers sales assistant Toni Denly for the behind-the-scenes story.

As part of a campaign to help prevent falls by older people, New Zealand's Health Quality & Safety Commission ran a competition challenging retirement and lifestyle villages throughout New Zealand to produce a fun two-minute video promoting safe exercise for seniors. The prize? A visit and performance from world acclaimed older dance group, the Hip Op-eration crew.

North Shore lifestyle villages have a plethora of talented people living in them but when it comes to the arts, Settlers Albany has more than most. Audio and video man Jim Tait and dancer/choreographer Yvonne Eccles assembled a group of 27 enthusiastic ladies, including Toni and Settlers receptionist Andrea Hempstock, for the 7-day challenge and set them to work!

"One of the group has Parkinson's but there was no holding her back," says Yvonne. "The thing is, when you love music and go with it, magic happens."

Yvonne should know. She works with seniors both in and outside Settlers' Village and is passionate about promoting exercise to music.



Video stars Toni Denly, Yvonne Eccles and Andrea Leyton.



Settlers' sensational Energetics in Video competition .

Toni said by the end of just one week, this amazing group had developed and performed a dance routine, produced the video, were feeling fit and fabulous and had an absolute ball doing it.

Twelve teams entered the competition and the Settlers Energetics were runners-up with the top two teams judged so close that they were both awarded the winning prize ... a visit and performance by the world famous Hip Op-eration crew.

Congratulations Settlers Albany Lifestyle Village ... check out the Energetics video on YouTube. In fact check out the village itself at 550 Albany Highway any day between 10 and 4 or give Rosalie Pearson a call on 415 2617 for more information. ◀

## EVERY CHAMPION NEEDS A GREAT SUPPORT TEAM



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Choosing where you retire is as important as choosing where you work. "I know better than anyone that to achieve in life you need to choose your support team carefully. When it came time to retire a quality home and environment were a given ... it was the team behind the scenes at Settlers that really set it apart." **Precious McKenzie MBE**

550 Albany Highway | Call Rosalie on 415 2617 | [settlersalbany.co.nz](http://settlersalbany.co.nz)

Premier Lifestyle Villages group includes Settlers Albany, Fairview Lifestyle Village and Fairview Care Ltd.



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