

Reach beyond...



Hello all, as we find ourselves into another week of these extraordinary times. Living through a pandemic means we spend a great deal of time wondering when it will end and what the future will hold. We might even drift to memories of the past and experiences we miss greatly. While this is perfectly normal and understandable, it is important to recognise the historic moment we are living in. Be still, breathe and take time to notice the moment you are in right now, as it will not be here forever. Enjoy this week's activities and have a look at some of the links and challenges set out for you.

Lockdown life tips...

Time to hear from Hayley this week who is sharing her lockdown tips with us.

Hayley *"Myself and the kids favourite thing to do is put our chosen playlist on Alexa and have a dance with our microphones, whether it's a proper microphone or a wooden spoon, air guitars or blow up guitars....and we also have a keyboard! The songs we love the most are Country Roads, Achy Breaky Heart, Sweet Caroline and Hillbilly Rock."* You could have a go at creating your own perfect playlist or learn some simple line dancing moves and dance along to Hayley's favourite country songs!

<https://tinyurl.com/y5756rff>



Reach's Growers Allotment

We have been on a hunt for all the gnomes and frog ornaments we could find around the allotment. Some were especially good at hiding from us! But we managed to track them down and give them a long overdue clean. We each chose a different one we wanted to decorate and gave them a little make over with some paint. They really look bobby dazzlers now! Perhaps you have some garden pots or ornaments that need a little clean. You could even revamp them with some paint. Have a go and send in your before and after photos!





Almond Biscuits

This week Tina is showing us how to bake delicious Almond Biscuits. These amaretti-style biscuits use minimal flour and have a light airy finish, fit to accompany desserts and drinks.

Cook along with Tina's video by visiting our YouTube channel

<https://tinyurl.com/ybfuuek8>

or follow the recipe in this pack.



Sign of the week



To Wait

Reach online classes

The timetable of sessions is below. All are welcome, so if you would like to join in with the fun, email info@reachuk.org or call Reach Newark on 01636 671939.

Newark sessions:

Monday: Singing (10.30-11.30am) and Cooking - fortnightly starting 10.08.2020 (2-3pm)

Tuesday: Relaxation (10.30-11.30am) and Fun and Fitness (1.30-2.30pm)

Wednesday: Sit and be fit (10.30-11.30am)

Thursday: Craft (10.30-11.30am) Existing craft/sewing class only

Friday: 10.30am Chat group and 2pm bingo (a bingo book will be sent to you)

Flower pod sessions: Chat and catch up **Monday** and **Wednesday** @ 2pm.

Southwell Sessions:

Monday: Chat Group @ 2.30pm

Tuesday: Media Fun @ 11.30am

Thursday: Chat Group @ 2.30pm

Mansfield sessions:

Monday: Singing at 1pm

Friday: Catch up/quiz at 1pm

The National Museum of Natural History

Take a tour of the Smithsonian National Museum of Natural History, made famous in the Night at the Museum films.

<https://naturalhistory.si.edu/visit/virtual-tour>



flower pod

Flower Pod Southwell had an exciting special delivery last week. Can you guess what the men in white suits are carrying? It's a bee hive, full of busy honey bees, who will live at Flower Pod in our garden. If we look after them and keep growing lots of flowers they will make lots of honey for us to eat with the help of John our beekeeper. John says they are already loving living here and there are already hives at Flower Pod Newark, so Reach really is buzzing!



Did you know....?

- A honey bee hive can have up to 80,000 bees in it. That's more than the population of Mansfield!
- Bees make honey to feed their babies and stay alive through the winter. They usually make too much – so we can take some to put on our toast.
- They will fly about 3 miles to find flowers with the most nectar. They use nectar to make honey.
- Bees give each other messages by doing special dances where they wiggle their bums... It's called a waggle dance!
- We need bees to pollinate our plants and trees – without them we wouldn't have any fruit.
- Honey bees never sleep. They just have too much work to do!

Google Arts & Culture

Visit all of the places on your bucket list through Google Arts & Culture. Where will you go? The Taj Mahal? The Eiffel Tower? Sydney Opera House?

<https://artsandculture.google.com/>



Tangled The Musical

Watch Tangled The Musical performed by the cast of Disney Cruise Lines. Also catch a variety of other fabulous Disney favourites performed live, such as Aladdin.

<https://tinyurl.com/y2a6oq9j>



What about you...



Here is Sarah with her beautiful sunflower towering over her. Joe harvested his new potatoes and got over two pounds from the two seed potatoes we gave him. Charlie, the dog, insisted on being in the photo. The bottom two planters are Joe's from the plants we sent early on. The top two are Janey's, Joe's sister. Janey and Joe are enjoying the word searches and puzzles from the packs. It took its time, but Sean finally has his sunflower, a definite thumbs up is deserved.



Chelsea took part in the Reach Relay team and rode a section of the route with Laura Carr and her husband Steve. Amazing effort Chelsea, well done. And finally, here is Sarah again showing off her beautiful drawing of Piglet that she completed during the Craft zoom session...Fabulous work!

Amazing to see what you are all up to, please keep sending your photos to us....! Email us at info@reachuk.org

Have a fantastic week, take care and stay safe!