

# Reach beyond...

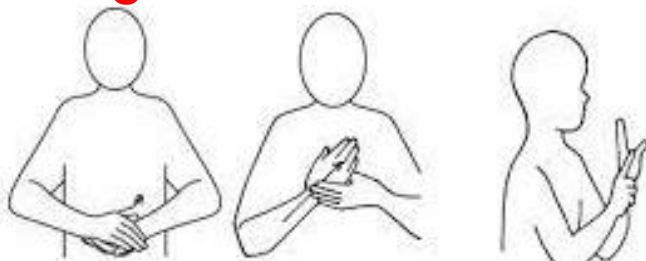
January 2022– Edition 39



Hello everyone, welcome back! We hope you had a great time off for Christmas and had a great new year. It's amazing to have you all back at the centres. We hope you're ready for a great, fun filled term with us!

## Sign of the Month

Happy  
New Year



## Reach Online Classes

The timetable for our zoom sessions is below:

### Newark sessions:

**Monday:** Singing at 10.00am

**Wednesday:** Sit and Be Fit at 10.00am



## Save The Date

Remember, there is an **Inset day** on the 8<sup>th</sup> February, all our centres will be closed so no sessions or Zoom Classes will be held this day.

Thank you

## Reminder!!

**This is a kind reminder that all our sessions start at 10am and 1pm, please try your best to arrive no more than 15 minutes before your session or on time. Thank you**

## Lateral Flow Tests

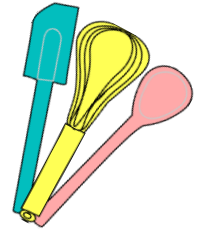
As you are aware we have asked you all to start doing lateral flow tests before each of your sessions with us. It is important to us that everyone feels safe when coming to Reach. An easy read guide on how to perform a lateral flow test will be sent out with this newsletter for those who are unsure.

What's new?.....

## Wednesday Cookery!

Tasty cooking, now on Wednesdays at Newark and Southwell, where they will be making delicious food to eat together or enjoy with their loved ones at home.

This week they made chicken pie, a lovely warming dish, perfect for the weather we are having recently!



## Disney Emoji Quiz! Can you guess the Movie?

Disney

