

LOCKDOWN LOWDOWN

29 SEPTEMBER



Wow amazing "The Scream" art work Timothy!

Yum! That special morning tea looks delicious Rachell!

Fabulous calendar art Craig!

Great design work for your calendar Vicki!

Kia Ora,

It's amazing to see all the fabulous things everyone is doing during lockdown to keep busy! Thank you for keeping in touch with us. We are hearing from many of you how much you miss your friends and normal routines. You may not be able to see your friends but they are thinking and caring about you from their bubbles. Many people have asked us how other people are coping in lockdown on the phone and zoom.

This week our focus is to care for others. We encourage you to make card, poster, art work or message of caring that you would like to send to your friend. Email it to the Activity Centre and tell us who it is for and we will send it to them on your behalf. Getting a special note or message from a friend will be a lovely surprise, so share the love and spread the caring around!

Others of you are feeling scared and uncertain about the future and keeping safe. Like Hannah's latest youtube video talks about, we all experience a range of different emotions especially during stressful times of lockdown. Feelings are energy in motion, let them come and let them flow. We hope some of you tried out some of the breathing exercises to help your emotions to flow.

Some of the Ranfurly Residents have not been able to see their families for 6 weeks and this is really challenging. This week staff have been able to drive some students to go and see their families through the window. To be able to see family (not through a screen) has been amazing for some students. It goes to show how, what might seem like, small things mean so much at the moment.

This weeks Zoom Awards go to: Scott for the most energetic dancing to Madagascar Move it move it, Bobbie and Lynne for the most consistent involvement in our zoom program and Va for the best smile on zoom!

Keep the conversation going. Give us a call. Write us an email or talk to us on zoom. Let us know what you are missing or struggling with in lockdown. We are always here to lend a listening and supportive ear.

From the Activity Centre Crew



AIMEE HAD A SPECIAL MORNING TEA WITH FRIENDS



GREAT BAKING DAVID!



BALDRICK'S CREATIVE MASK MAKING



DELICIOUS BAKING BEING MADE AT RANFURLY HOUSE



TO MARKET, TO MARKET WE GO - BOBBIE



DAN'S AQUARIUM CREATURES



GREAT CALENDAR DESIGN BY FRANCES



THE MEWS NEW AQUARIUM!



AWESOME MEWS MONSTER MASKS



JAMIEE CREATED HER OWN MASK DESIGN

HELEN ACHIEVING HER GOAL TO MAKE FRENCH TOAST!



GREAT COOKING SHELLY



KEITH CREATED SOME GREAT MASK DESIGNS



GORGEOUS MASK CREATIONS - REBECCA



CREATIVE MASK DESIGNS BY JOANNE AND SAM



FABULOUS VAN GOGH INSPIRED ART BY CHRIS

Easy Peasy Potato Curry (serves 4)

Ingredients

You can reduce the amount of spices and curry to suit yourselves

- 2 tablespoons vegetable oil
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 4 teaspoons curry powder
- 1 ½ teaspoons paprika
- 1 teaspoon cayenne
- 2 teaspoons cumin powder
- ½ teaspoon allspice
- 2 teaspoons fresh ginger, minced
- ½ teaspoon black pepper
- 905g potato peeled and cubed
- 425g chickpeas 1 can, drained (we used 1 can butterbeans instead)
- 1 cup vegetable broth(240 mL)
- 1 tablespoon lemon juice
- 415ml coconut milk 1 can
- rice, cooked, for serving
- naan bread, for serving
- fresh cilantro, chopped, for garnish

Nutrition Info

View Info

Preparation

1. Heat the oil in a large pot over medium heat until shimmering. Add the onion and saute for about 3 minutes, until translucent.
2. Add the garlic and saute for about 2 minutes, until fragrant.
3. Add the curry powder, paprika, cayenne, cumin, allspice, ginger, salt, and pepper. Stir and cook for about 2 minutes until the spices are fragrant.
4. Add the potatoes and mix well until well-coated in spices.
5. Add the chickpeas and stir to incorporate.
6. Add the broth, lemon juice, and tomatoes and stir, then pour in the coconut milk and stir to combine.
7. Increase the heat to high and bring the mixture to a simmer. Once bubbling, reduce the heat to medium and cook for 15-20 minutes, until the potatoes are tender and easily pierced with a fork.
8. Serve with cooked rice and naan and garnish with fresh cilantro.
9. Enjoy

People Helping People

G V Z E Z C L B L S S E N D E T R A E H D N I K
 G G L P D D M N X I Q A Y T I S O R E N E G N S
 J X A Y H T A P M E F I G A T J D L N O A G O O
 Y I K Y G Z M V G R X E K I N D N E S S Y V I D
 L Z C T K L T L T T A A V Z L M Z B J O E J T M
 I Y U I L M V V Y L X P L P M J B C W F A S U N
 C G B N T B K K E V K M T H M D U O X K Z O B Y
 Z Y N U Q F Z J U V H B I P H H X P R U K C I U
 H L J M I O T G C E C N E L O V E N E B A P R N
 L P O M C M S T A B A F A C U J C N W I Z X T S
 S C W O F M P Q G D R P L U L J F C J G Q S N E
 M O B C Z Y O G R W U A H Q K E F K D N T T O L
 T B F Z B Z K N S G I V I N G C R J L I W L C F
 N O I S S A P M O C P P Y L O N I A I R L V I I
 B F P S E O V D A W W U F A T A E B C A Y U O S
 S U F O V S E R V I C E B S D T N M W H J A O H
 B T B I S R E E T N U L O V U S D X T S G N C N
 C X J I Y D V G N I R A C N Q I L I R W D C Q E
 H H H K L I X E P E T Q A A G S I F I I O B V S
 A X U F I A Z Z A H B L X J C S N M B X N I U S
 R K R X C C U K M K X P S J C A E L D I A K L W
 I W S V D H R G K T L E H S T J S A V Q T X N N
 T W W T R A E H I H T O G I F X S S L Q E O Q A
 Y I K P I R T L G M H H Q O J X O L B B V A Y X

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|---------|------------|-----------------|--------------|
| aid | assistance | benevolence | caring |
| charity | community | compassion | contribution |
| donate | empathy | friendliness | generosity |
| giving | heart | kindheartedness | kindness |
| service | sharing | unselfishness | volunteer |



QUIZ

Wendy couldn't open the door as the lock was broken! Wendy spent 5 minutes trying to open the door. 10 minutes trying to call for help and 15 minutes making phone calls until she was rescued. How many minutes was Wendy locked in?

Clive had 10 zoom meetings booked for the week. In each meeting there were 5 other people. How many people did Clive meet on zoom by the end of the week?

Rudon ate 2 KFC chicken drumsticks for \$3, 1 potato and gravy for \$4, 1 chips for \$3 and one coleslaw for \$3. How much did Rudons lunch cost?

Melissa ordered 10 items online. She recieved 2 items each day via courier. How many days until she got all her items?

Glynis had 12 reusable facemasks. She used 3 masks per day. How many days until she ran out of masks?

Suzanne spent \$15 on petrol each day. How much did she spend on petrol after 7 days?

Jessie learn 4 new sign language signs everyday. After 10 days how many new signs had Jessie learnt?

CARING QUIZ

1. What is sympathy?
 - a. A musical instrument
 - b. Understanding how someone else feels
 - c. A computer game
 - d. A song
2. Who do you NOT need to be caring towards?
 - a. Staff
 - b. Students
 - c. Family
 - d. Tennis courts
3. Why should we care for others?
 - a. To help make friends
 - b. To make someone happy
 - c. Because everyone is special
 - d. All of the above
4. Which of these is unfair
 - a. Everyone gets a treat
 - b. Everyone has a turn playing a game
 - c. Everyone takes a turn on the computer
 - d. 2 people miss out on having morning tea
5. How can you show someone you care for them?
 - a. Buy them a present everyday
 - b. Listen to them when they speak
 - c. Push them over
 - d. Give them your lunch
6. You have been asked to look after Dougal. What should you do?
 - a. Ignore him and let him escape
 - b. Feed him your lunch
 - c. Pat him gently and take him out on a toilet break when asked
 - d. Drag him by his lead
7. A person is feeling sad and lonely. What should you do?
 - a. Ignore them and talk to your friends
 - b. Invite them to join your table and talk with them
 - c. Talk about them behind their back
 - d. Buy them lots of chocolates and lollies
8. You are playing with the Wii game and someone else wants to play too. What should you do?
 - a. Ignore them and hope they go away
 - b. Let them join in and play
 - c. Walk away because you don't want to play Wii with them
 - d. Shout "NO" and throw the Wii remote

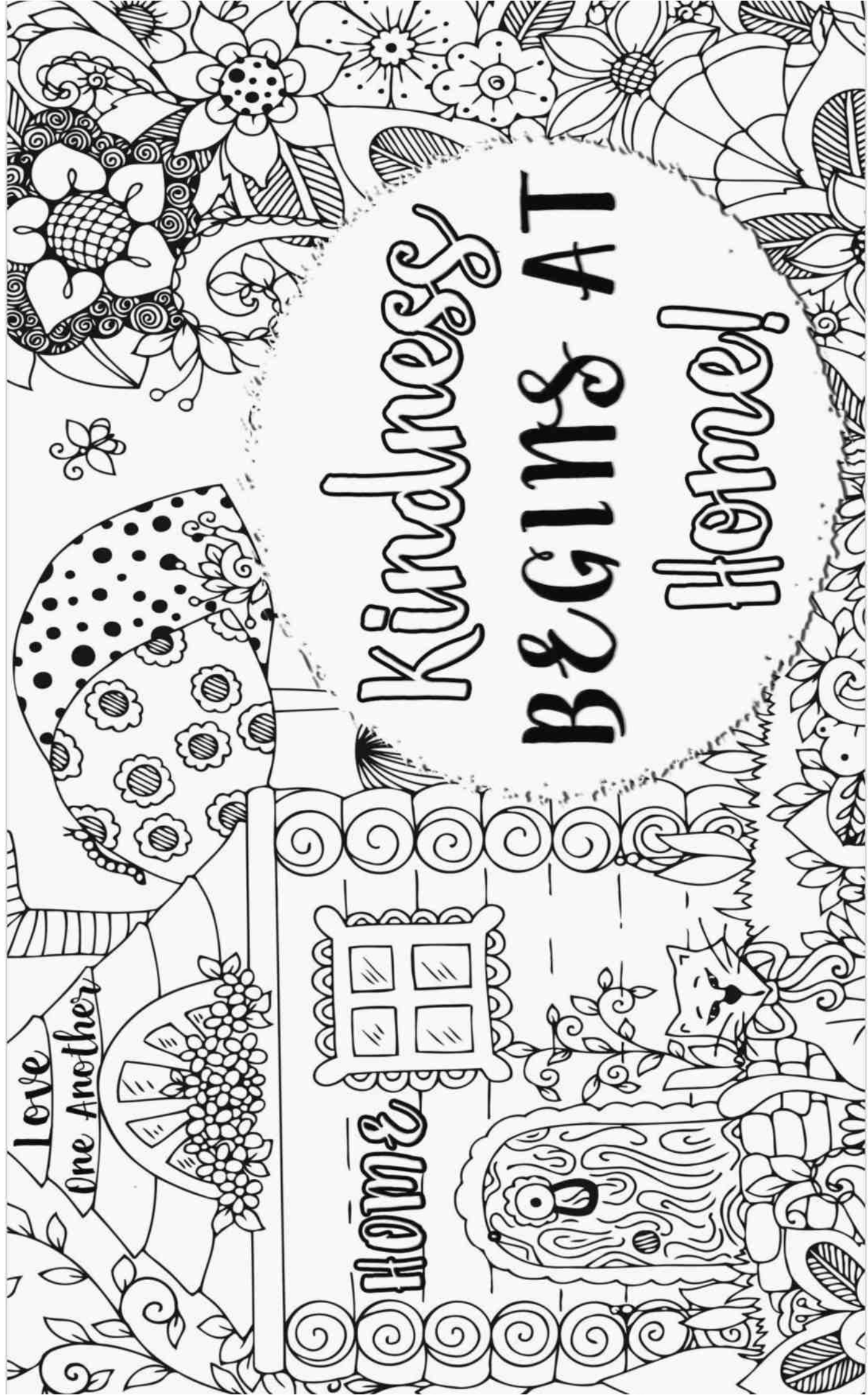
ANSWERS

MATHS

40minutes, 7km, 9 cupcakes, 7 days, \$115, 7.5 hours, \$25

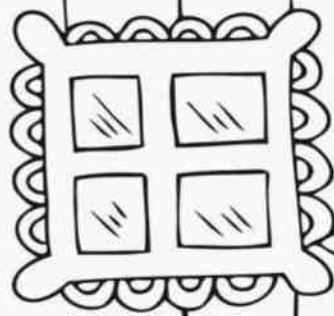
QUIZ

Apple, a - give you energy, water, c - wait and let your food digest, no, steaming or baking, 8 glasses



Kindness BEGINS AT Home!

Love
One Another



HOME

