

# LOCKDOWN LOWDOWN

22 September 2021



Baldric made some amazing art for his card to Rebecca

Jamiee created a poster with her "Scream" portrait

Brent made this special art work for Rebecca

Happy Birthday Ian!  
Here is a Happy Memory for you

Tēnā koutou katoa,

It's an exciting day as we shift down to Level 3! Time for Rudon to line up at KFC for his bucket of chicken, Jessie to get a real coffee and Clive to order his favourite Chinese takeaways! Well done to each and every one of you for keeping safe and surviving Level 4.

Change of alert levels is always a stressful time. It is exciting and hopeful that we are making progress but also can be frustrating because there are still many restrictions. It is hard to adjust each time to the new level and what that means and looks like for your bubble. Do not hesitate to call us at the Activity Centre for a chat or arrange a more personal zoom call.

We keep hearing from you all how much you miss seeing each other. It is hard being in your bubble. It really proves how important friendships and community are which is why we will be continuing to connect you all as much as possible digitally until Level 2. We will be continuing to offer a weekly zoom timetable and regular video content via youtube as well other activities via email. If you would like to talk to a particular person in the Ranfurly community personally please call us at the Activity Centre and we will try to facilitate a phone number swap.

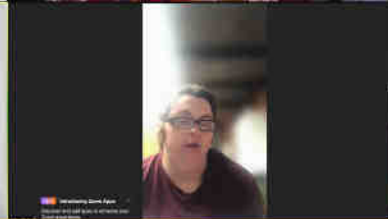
This weeks zoom awards are: Award for best Poems and Jokes goes to Archie! Most exuberant dancer Award goes to Ian! Most creative cooking of the week goes to Bobbie (though Clive would like to take credit for the inspiration for the Quiche) Most creative awards go to the art class zoomers - Chris, Kezia, Bobbie and Katy! A bonus award goes to Suzanne and Glynis for best costume on zoom - Disco Elegance!

Make sure you keep wearing your masks and sanitising while you line up for your Level 3 treats and when you are out and about! Let us know what you decided to click and collect in Level 3. Did you head straight to McDonalds? KFC? Doughnut shop? Coffee? Bunnings?

Take care and stay safe,

From The Activity Centre Crew :-)





**CHRIS, KEZIA AND KATY HAD FUN IN ART ZOOM**



**BOBBIE ENJOYING HER LEVEL 2 TAKEAWAYS!**



**SUNNY DAYS**



**POPPY AND WARREN ENJOYED DANCING**



**PETER MADE A GORGEOUS FLOWER ARRANGEMENT**



**ENJOYING ICE CREAM IN THE SUN**



**MAKING ART WITH PLAYDOUGH**



**MASTER CHEF DAN AT WORK!**



**LEARNING TO DRAW WITH ROB BIDDULPH**



**BEAUTIFUL FLOWER ARRANGING BY ANNA**



**DANCE THERAPY SESSION FOR RANFURLY HOUSE**



**MAKING LION ART WITH LEAVES**



**JOANNE'S GORGEOUS FLOWER ARRANGEMENT**



# MATHS

There were 20 cars waiting in the KFC drive through when Rudon arrived. Each car took 2 minutes. How many minutes did Rudon have to wait to get his KFC?

Jessie walked 2 km to the cafe to get her takeaway coffee, 3km taking Eddie for a walk and 2km to get home. How many km did Jessie walk?

Clive had a box of 20 cupcakes delivered. Jo ate 3, Brett ate 4, Dianne ate 2 and Kirsty ate 2. How many did Clive have left?

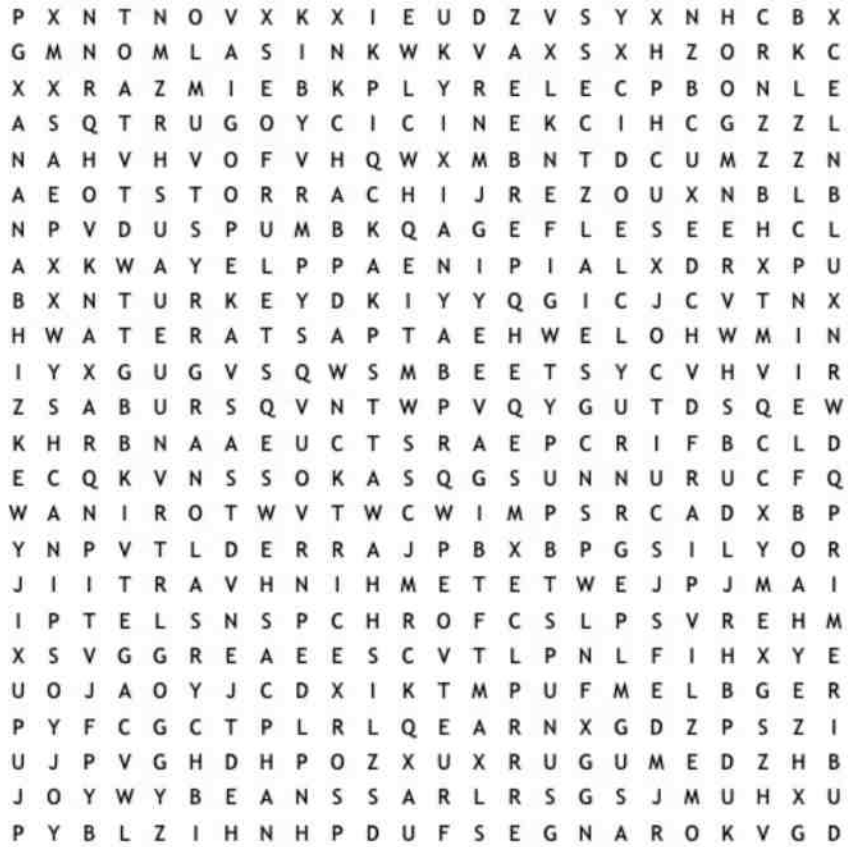
Glynis made a big 700ml smoothie. She drank 100mls every morning for breakfast. How many days would the smoothie last?

Melissa spent \$20 at Bunnings, \$50 at Countdown, \$15 at the Chemist and \$30 at Kmart. How much did Melissa spend?

Wendy had 5 loads of washing to do. Each load took 25 minutes in the machine, 5 minutes to hang out and 1 hour to dry. How long did it take Wendy to do all her washing?

Suzanne brought a pie everyday for lunch. They cost \$5 each. How much did it cost Suzanne after 5 days?

# Healthy Foods & Snacks



BEETS  
TOMATOES  
APPLESAUCE  
TURKEY  
SPINACH  
KIWI  
PRIME RIB  
POPCORN

CELERY  
CUCUMBERS  
CARROTS  
RICE  
PEARS  
PINEAPPLE  
WATER  
APRICOT

YOGURT  
CASHEWS  
PEAS  
CHICKEN  
BEANS  
EGGS  
MILK

GRANOLAS  
SALMON  
CHEESE  
BROCCOLI  
BANANA  
ORANGES  
WHOLE WHEAT PASTA

# QUIZ

Which of these snacks is a healthy snack?

Chocolate, Apple, Chips

What can a healthy breakfast do for you?

- a. Give you energy
- b. Make you fall asleep
- c. Make you hungry

What is the best drink to have after exercise?

After eating a big meal you still want more food. What should you do?

- a. Have dessert
- b. Have a second helping
- c. Wait and let your food digest

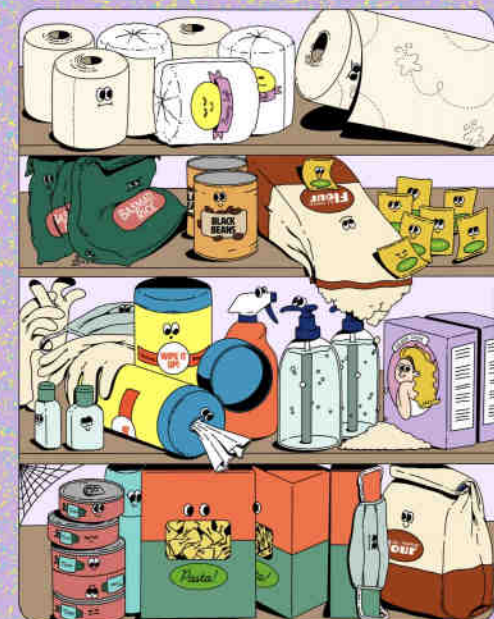
Is a treat food something you should eat everyday?

Which of these cooking methods is the healthiest?

- a. Deep frying
- b. Shallow frying
- c. Steaming or Baking

How many glasses of water should you drink per day?

# SPOT THE DIFFERENCE



## ANSWERS

Maths: 21 walks, 4 DVDs, 100grams, 7 items, 28 times, 1 piece, 10 packages, 20 hours

## QUIZ

1. guitar
2. tomorrow
3. bed
4. puppy
5. amazing
6. marathon
7. volume
8. keys
9. yellow
10. camera



FOOD  
REVOLUTION  
★ DAY ★



CHERRY

AUBERGINE

PARROT  
CHILI PEPPER

APPLE  
TOMATO

STRAWBERRY

NOION

CURRANTS  
AND BERRIES

ORANGE

# EAT THE RAINBOW

BROCCOLI  
PEAR

PUMPKIN

LISINA

GRAPES

PEACH

CORN ON THE COB

LEMON  
BANANA

PEPPER

PEAS & BEANS

COURGETTE