

Summer activities to keep you fit and fabulous!





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Hi everyone and welcome to our fourth edition of our Age UK Northumberland activity packs. We hope that you enjoy the content and we'd love to hear your feedback.

I'd like to start by thanking our brilliant funders: The National Lottery Community Fund and all the players of the National Lottery, Garfield Western Foundation, Ashington Town Council and Hadrian Trust, all of whom have made it possible for us to continue producing and sharing these terrific packs - and most importantly taking the opportunity to drop by and say hello!

We're all very busy right now, making plans for our groups and exercise classes to get back up and running. We're currently preparing the gym and studio and arranging some lovely new events and activities for you to get involved in - on a personal note, I just cannot wait to hear your voices and see your smiles back in The Round House. We've all got so much to catch up on and the prospect of getting back to 'normal' is so exciting!

Can't wait to you soon.

Amy

Let's start with some ANAGRAMS

Can you solve the
following?

British Actors and Actresses

1. Screen Annoy
2. Ritual Jewels
3. Blander by Then
4. Basil Ride

Famous UK Footballers

1. Leaky Ringer
2. Cabby Bolt Horn
3. Handles Kingly
4. Saggy Grin

TV Sitcoms

1. The Bored Affairs
2. Advancing Yeast
3. Theft Dare
4. Botched Evil Fairy

Famous British Writers

1. Chased Crinkles
2. Gatecrash Haiti
3. Dollar Had
4. Battier Export

Well known cocktails

1. Gingersnap Oils
2. Topical Moons
3. Nurse Qualities
4. Badly Roomy

Former UK Prime Ministers

1. Churlish Nit Clown
2. Brainy Lot
3. Hollow Drains
4. Hard Hat Weed

Did you know that....

**you can tell if an egg is old based on whether it floats in water?
If an egg floats when you put it in water, then it's old;
if it sinks, it's fresh and you're good to go.**

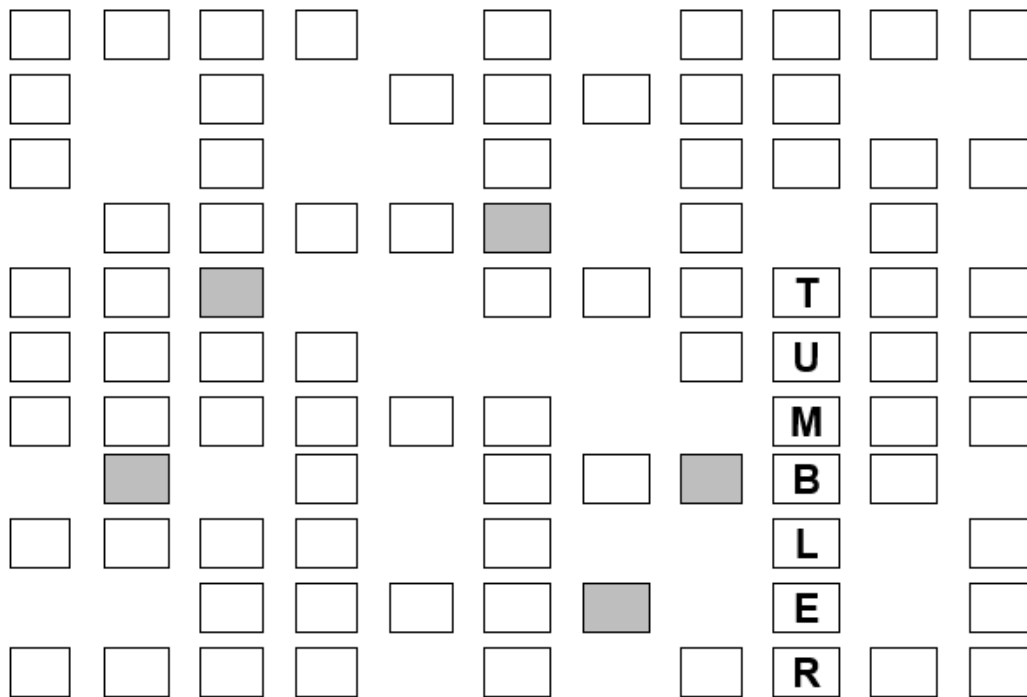
yawning cools the brain down?

**A study conducted on mice found that as mice sucked in air,
their jaws stretched—this increases blood flow to the brain.**

**This combination of cooler air intake when yawning
mixed with the blood flowing to the brain is thought to
eventually cool the brain down.**

FILL IN

When you've completed the puzzle, rearrange the shaded squares to spell out a circus performer. One word has been inserted to start you off.



3 LETTERS	4 LETTERS	5 LETTERS	6 LETTERS	7 LETTERS
EAR	BARE	ALIEN	ANYONE	SCRAWNY
HEX	BRUT	EGRET	INROAD	TUMBLER
HUT	DUKE	FUNNY	POUNCE	
MIX	HASP	GLOBE	SICKIE	
RYE	IRON	PANEL	THATCH	
SOW	PUNT	QUILT	TODDLE	
SPA	REED			
WIT	REST			

ANAGRAMS - THE ANSWERS

British Actors and Actresses

1. Sean Connery
2. Julie Walters
3. Brenda Blethyn
4. Idris Elba

Famous UK Footballers

1. Gary Lineker
2. Bobby Charlton
3. Kenny Dalglish
4. Ryan Giggs

TV Sitcoms

1. Birds of a Feather
2. Gavin and Stacey
3. Father Ted
4. The Vicar of Dibley

Famous British Writers

1. Charles Dickens
2. Agatha Christie
3. Roald Dahl
4. Beatrix Potter

Well known cocktails

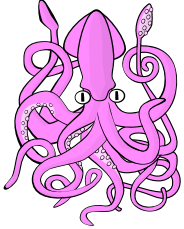
1. Singapore Sling
2. Cosmopolitan
3. Tequila Sunrise
4. Bloody Mary

Former UK Prime Ministers

1. Winston Churchill
2. Tony Blair
3. Harold Wilson
4. Edward Heath

20 very random facts some people don't know!

1. Flamingos bend their legs at the ankle, not the knee
2. It's impossible to hum while holding your nose (you've just tried, didn't you?)



3. Sloths can hold their breath longer than dolphins can

4. People used to say "prunes" instead of "cheese" when having their picture taken



5. Octopuses (or octupi) and squid have three hearts
6. The shortest war in history, the Anglo Zanzibar War, lasted just 38 minutes

7. The British Royal Family is named after the town of Windsor

8. The world's largest waterfall, in the Denmark Strait, is underwater

9. Albert Einstein is an anagram for "ten elite brains"

10. The Eiffel Tower was originally intended for Barcelona (but the Spanish city thought it was too ugly)

11. Humans are the only animals that blush

12. The moon has moonquakes

13. You can sneeze faster than a cheetah can run

14. Michelangelo wrote a poem about how much he hated painting the Sistine Chapel

15. Cucumber slices can fight bad breath

16. The Statue of Liberty used to be a lighthouse

17. Marie Curie is the only person to earn a Nobel prize in two different sciences, physics and chemistry

18. We only use one nostril at a time

19. A chef's toque (hat) contains 100 folds

And finally

20. Yes, bleach expires



FILL IN ANSWER
Circus performer : clown

Sudoku

Easy Puzzles

1

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	



2

		7				9		8
	3		1	7				4
					6			
6	9	8	7	4		3		
		3		1		4		
		1		3	9	7	6	2
			4					
9				5	1		4	
4		5				1		



Sudoku

Easy Puzzles

3

					9			6
					3	8	5	1
	6	2		1	5			
		7					6	
	2	1	9	7	6	3	8	
	3					1		
			4	5		9	7	
2	5	8	6					
4			3					



4

2	9			7	4			
	1					4		
6	7		9		5			
	8		2		6			
	6		8	4	7		2	
			5		1		8	
			7		8		9	2
		6					1	
			4	1			5	8



Sudoku Answers

Easy Puzzles

1

2	9	6	1	4	5	8	3	7
3	5	7	8	2	6	1	4	9
1	4	8	9	3	7	5	2	6
6	3	9	5	1	2	4	7	8
5	8	1	7	6	4	3	9	2
4	7	2	3	9	8	6	1	5
9	6	4	2	8	3	7	5	1
8	1	5	4	7	9	2	6	3
7	2	3	6	5	1	9	8	4

3

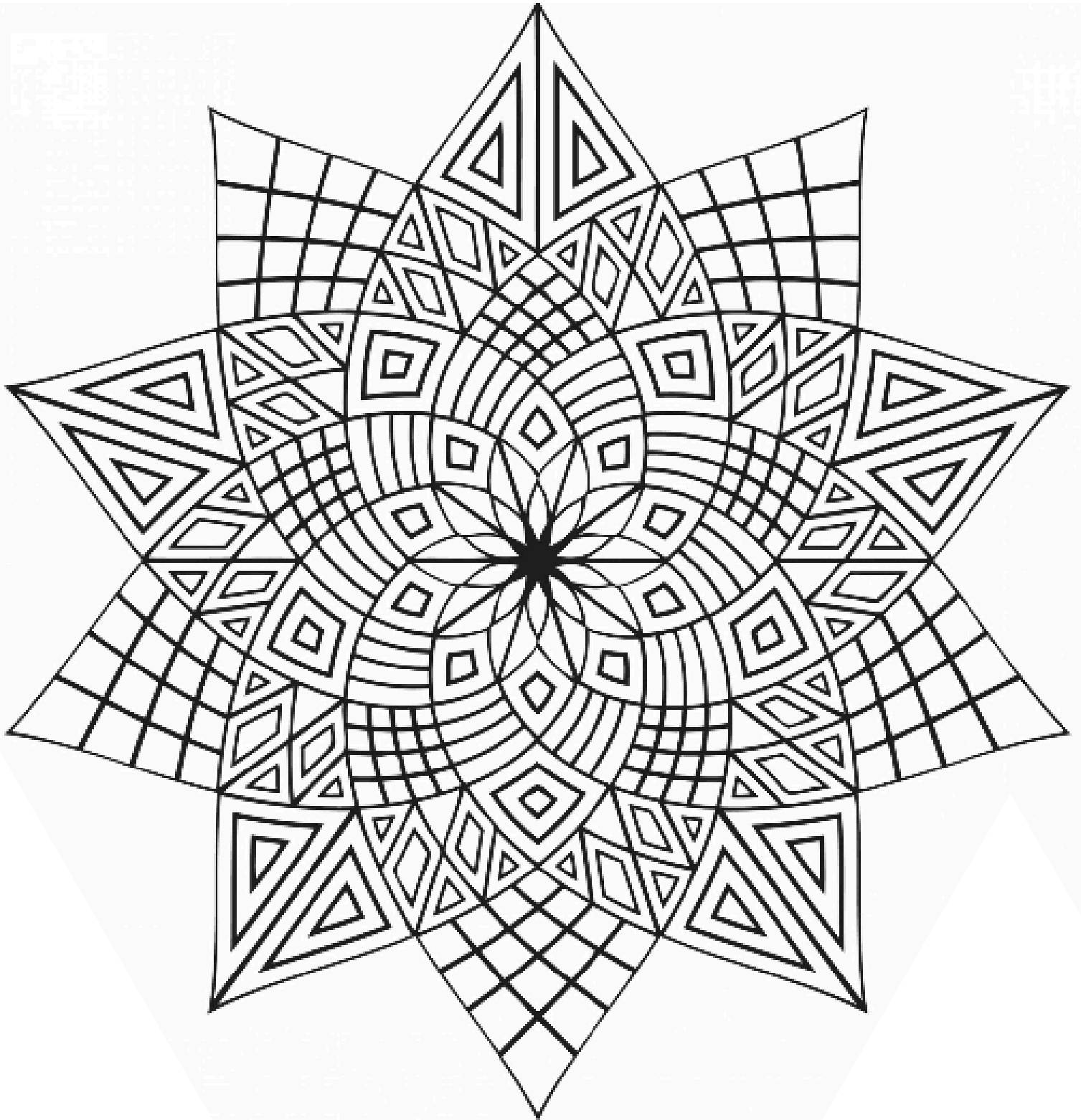
1	8	5	7	4	9	2	3	6
7	9	4	2	6	3	8	5	1
3	6	2	8	1	5	7	4	9
9	4	7	1	3	8	5	6	2
5	2	1	9	7	6	3	8	4
8	3	6	5	2	4	1	9	7
6	1	3	4	5	2	9	7	8
2	5	8	6	9	7	4	1	3
4	7	9	3	8	1	6	2	5

2

1	6	7	5	2	4	9	3	8
2	3	9	1	7	8	6	5	4
8	5	4	3	9	6	2	7	1
6	9	8	7	4	2	3	1	5
7	2	3	6	1	5	4	8	9
5	4	1	8	3	9	7	6	2
3	1	2	4	8	7	5	9	6
9	7	6	2	5	1	8	4	3
4	8	5	9	6	3	1	2	7

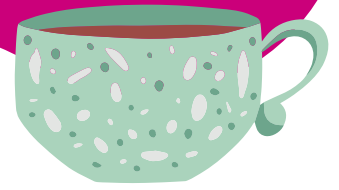
4

2	9	3	1	7	4	8	6	5
5	1	8	6	2	3	4	7	9
6	7	4	9	8	5	2	3	1
3	8	5	2	9	6	1	4	7
1	6	9	8	4	7	5	2	3
7	4	2	5	3	1	9	8	6
4	5	1	7	6	8	3	9	2
8	2	6	3	5	9	7	1	4
9	3	7	4	1	2	6	5	8



Credit: geometry.com

Simple exercises for when you're making a cuppa



Toe Lifts

This strength training exercise for seniors also improves balance. You'll need a chair or a counter.

Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.



Marching in Place

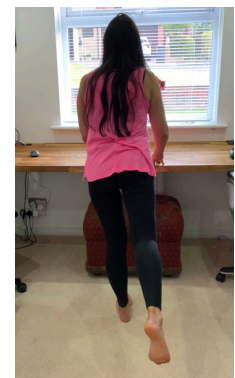
Marching is a great balance exercise. If you need to hold onto something, do this exercise in front of a counter. Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times.



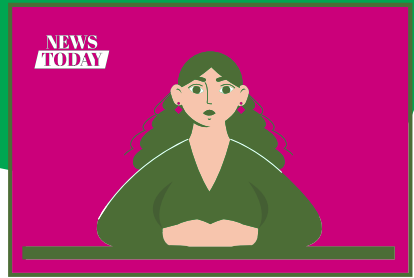
Back Leg Raises

This strength training exercise for seniors makes your bottom and your lower back stronger.

Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg.



Simple exercises to complete whilst watching TV (or sat at your work desk!)

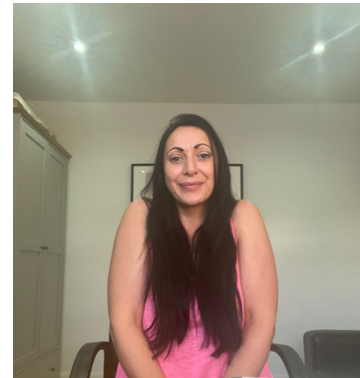


Shoulder Rolls

This is a simple exercise for seniors. You can do it seated or standing.

Rotate your shoulders gently up to the ceiling, then back and down.

Next, do the same thing, but roll them forwards and then down.



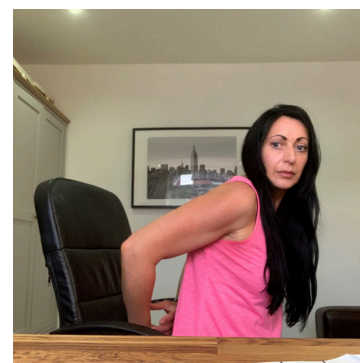
Finger Exercises

The following are exercise will help to improve flexibility. Pretend there's a wall in front of you. Your fingers will climb the wall until they're above your head. While holding your arms above your head, wiggle your fingers for ten seconds. Then, walk them back down.



Hand Exercises

During the second exercise, touch your hands while they're behind your back. Reach for your left hand while your right hand is behind your back. Hold that position for ten seconds, then try with your other arm.





Credit: getdrawings.com



Some Little Ditties

The time for new beginnings is now.

Every day may not be good but there is something good in every day.

When thinking about life, remember this; No amount of guilt can change the past and no amount of anxiety can change the future.

Be careful who you trust. Salt and sugar look the same.

Whatever you are be a good one.

When the power of love overcomes the love of power the world will know peace.

When you love what you have you have everything you need.

Inhale the future exhale the past.

Dress like you're going somewhere better later.

No matter how you feel, get up, dress up, show up and never give up.

If you don't want a sarcastic answer, don't ask a stupid question.

You're never too young to start an empire and never too old to start a new dream.

Everyone was thinking it, I just said it.

Above all, try something.

Every next level of your life will demand a different you.

Worrying doesn't take away tomorrow's troubles, it takes away today's peace.

There are seven days in a week and someday isn't one of them.

Never sacrifice these three things: your family, your heart or your dignity.

Be happy, it drives people crazy.

You can do anything but not everything.

Just do your best!

WORD LADDER

ONE

	TOOT
Unit of length	
Nourishment	
Tree material	
Term	
Well-used	
	HORN

FOUR

	FINE
Sack employee	
Cable	
Sported	
Integral	
Arrive	
	COMB

TWO

	BANE
Mentally well	
Beach grains	
Uttered	
Incursion	
Precipitation	
	RUIN

FIVE

	RUSH
Shrub	
Strike hard	
Foundation	
Uncovered	
Highly uncommon	
	RACE

THREE

	WOLF
Dog bark	
Logs	
Edible materials	
Joker	
Poultry	
	HOWL

SIX

	DEAD
Type of metal	
Loan	
Curve	
Connection	
Skeleton part	
	ZONE

WORD LADDER

ONE SOLUTION

	TOOT
Unit of length	FOOT
Nourishment	FOOD
Tree material	WOOD
Term	WORD
Well-used	WORN
	HORN

FOUR SOLUTION

	FINE
Sack employee	FIRE
Cable	WIRE
Sported	WORE
Integral	CORE
Arrive	COME
	COMB

TWO SOLUTION

	BANE
Mentally well	SANE
Beach grains	SAND
Uttered	SAID
Incursion	RAID
Precipitation	RAIN
	RUIN

FIVE SOLUTION

	RUSH
Shrub	BUSH
Strike hard	BASH
Foundation	BASE
Uncovered	BARE
Highly uncommon	RARE
	RACE

THREE SOLUTION

	WOLF
Dog bark	WOOF
Logs	WOOD
Edible materials	FOOD
Joker	FOOL
Poultry	FOWL
	HOWL

SIX

	DEAD
Type of metal	LEAD
Loan	LEND
Curve	BEND
Connection	BOND
Skeleton part	BONE
	ZONE



Credit: getdrawings.com

Sudoku

Medium Puzzles

1

			5	1		8		2
					3	7		
6	5							9
		1	3		8			
9	8	4		7		1	5	3
			4		1	6		
2							8	4
		6	9					
3		5		8	2			



2

2			4					
		6			7			3
	7	3	8	6		4		
4	2				1		3	
3				9				7
	6		2				9	8
		4		2	5	3	1	
6			3			5		
					4			2



Sudoku

Medium Puzzles

3

5	3				4			
		4	1					
1			9		6		8	3
9	7		3	2		6		
				4				
		3		6	9		7	2
3	5		6		7			4
					2	7		
			8				3	1



4

			6					5
	2	5			9	6		
8					2			
4	9	6		2				
	1	7	5		4	9	6	
				6		1	4	7
			4					8
		2	8			7	9	
5					1			



Sudoku Answers

Medium Puzzles

1

4	3	7	5	1	9	8	6	2
1	9	2	8	6	3	7	4	5
6	5	8	7	2	4	3	1	9
5	6	1	3	9	8	4	2	7
9	8	4	2	7	6	1	5	3
7	2	3	4	5	1	6	9	8
2	1	9	6	3	7	5	8	4
8	7	6	9	4	5	2	3	1
3	4	5	1	8	2	9	7	6

3

5	3	8	2	7	4	9	1	6
6	9	4	1	8	3	5	2	7
1	2	7	9	5	6	4	8	3
9	7	5	3	2	1	6	4	8
2	6	1	7	4	8	3	5	9
4	8	3	5	6	9	1	7	2
3	5	2	6	1	7	8	9	4
8	1	9	4	3	2	7	6	5
7	4	6	8	9	5	2	3	1

2

2	5	1	4	3	9	7	8	6
8	4	6	1	5	7	9	2	3
9	7	3	8	6	2	4	5	1
4	2	9	7	8	1	6	3	5
3	1	8	5	9	6	2	4	7
5	6	7	2	4	3	1	9	8
7	8	4	6	2	5	3	1	9
6	9	2	3	1	8	5	7	4
1	3	5	9	7	4	8	6	2

4

9	3	1	6	4	8	2	7	5
7	2	5	3	1	9	6	8	4
8	6	4	7	5	2	3	1	9
4	9	6	1	2	7	8	5	3
3	1	7	5	8	4	9	6	2
2	5	8	9	6	3	1	4	7
1	7	3	4	9	6	5	2	8
6	4	2	8	3	5	7	9	1
5	8	9	2	7	1	4	3	6

Tips for Summer Living



The summer can be such a wonderful time of the year when the sun is shining and people come out of their houses to walk, do some gardening and stop for a chat. If you enjoy getting out in the sunshine, do remember some tips for keeping safe and well:

Keep hydrated - take a water bottle with you wherever you go

If you're popping out to sit or do some gardening, take a water bottle with you. Time can fly when you're busy or chatting and it's easy to become dehydrated. Some warning signs to look out for include weakness, headaches, dizziness and muscle cramps.

Protect the top of your head - wear a hat or sit in a shaded area

If you're sitting out or doing the gardening it's easy to forget that the sun is beating down on you, one simple way to reduce the risk of burning and heat stroke is to wear a hat. Heat stroke can make you feel tired dizzy, nauseous and clammy so take care not to overdo it.

Protect your skin and eyes - apply sun cream and dig out your sunglasses before you head out

Protecting your skin and eyes when out and about is vitally important, especially as we grow older, as our skin and eyes can be a little more fragile. Applying a SPF 30 or above will help to stop you burning.

Podcasts to enjoy....

Northumberland Archives are posting a monthly podcast at:

<https://www.eventbrite.co.uk/o/northumberland-archives-30770439808>

Northumberland Voices A Dangerous Woman
The Oral History of a Shepherd from Coquetdale

WORD SEARCH CHALLENGE

Here is a list of words related to concerts.

Can you find them in the grid?

The answers can be found running backwards, forwards, horizontal, vertical or diagonal

Applause, Audience, Autographs, Bass, Big Screen, Crowd, Dancing, Drums, Encore, Guitars, Interval, Merchandise, Microphone, Programme, Singing, Sound Check, Speakers, Stage, Support Act, Tickets

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

Here is a list of European Capital Cities.

Athens, Belgrade, Budapest, Copenhagen, Dublin, Lisbon, London, Madrid, Minsk, Monaco, Paris, Reykjavik, Riga, San Marino, Stockholm, Tirana, Vilnius, Zagreb

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

WORD SEARCH CHALLENGE

Here is a list of words related to flowers.

Can you find them in the grid?

The answers can be found running backwards, forwards, horizontal, vertical or diagonal

Anemone, Azalea, Carnation, Crocus, Daffodil, Dahlia, Freesia, Gardenia, Hyacinth, Lily, Poppy, Primrose, Sunflower, Tulip, Violet

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

Here is a list relating to space.

Apollo, Astronaut, Atmosphere, Capsule, Endeavour, Hubble, ISS, Launch, Mission, Orbit, Reentry, Rocket, Satellite, Shuttle, Spacecraft, Spacewalk, Sputnik, Telescope, Vostok, Voyager

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

Creative Corner

How to make a Rag Lap Quilt– No Sewing Needed



Rag quilts have exposed seams and a frayed look, so choose a fabric that will fray after each washing. The more it's frayed, the softer the rag quilt is.

The first thing you need to do is select the material you want to use. There are different kinds of fabric that you can choose for your project. There is no right or wrong choice - you can be creative in choosing the designs of the material.

Please note that the fabric sizes listed here are for a 48" x 40" blanket.

Fabric:

Backing Fabric (52" x 44") -this can just be extra fabric, no special material needed
A mix of fabrics for the patches on the front. You'll need enough to make thirty 12" squares total. It's always best to get a find little extra because sometimes the fabric shifts on the bolt and it ends up being cut on a bit of a diagonal. Better safe than sorry!

Supplies: Tape measure Ruler Fabric Scissors

How to Make a No Sew Rag Quilt

Step One: Cutting and Arranging the Fabric

Cut each pattern of fabric for the front of the quilt into 12" squares.

A good piece of advice is to wait to cut the backing until the end in case something changes or your measurements aren't quite accurate. Don't worry, your cuts can be wobbly or crooked, but because of the construction, you'll never be able to tell once it's done!

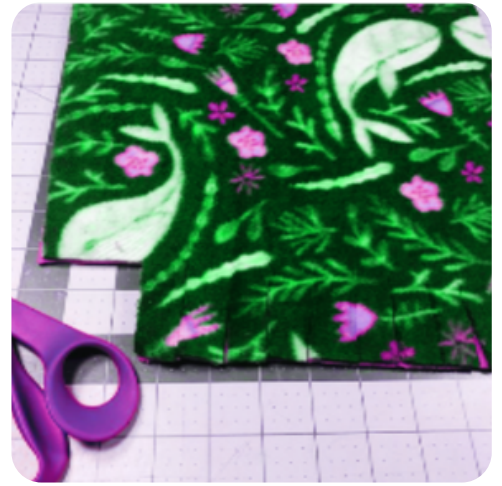
Once you have cut all the front pieces, arrange them to your liking and set the pieces off to the side in order.



Step Two: Cutting and Tying the Front of the Quilt

Now that everything's in place, it's time to start tying. This needs to be done one row at a time, then attach all the rows together afterwards. For each row, start by lining up the first two blocks, with right sides together.

Cut a 2" square from two adjacent corners, and then cut 2" long strips in between. The strips don't have to be a specific width, as long as you cut both layers together. Make sure it's thin enough to tie easily, but wide enough that it's not going to just fall apart if you pull too hard.



Now tie each strip in a double knot with its counterpart on the other fabric. Grab the next square in that row, and match it up with the second one, again, right sides together, and repeat the process.

Once you have two or more rows done, start attaching two rows together at a time using the same method, but this time, you're only cutting the squares out of the corner on each end. Keep making and attaching rows of patches until you've finished the front of the quilt.

Step Three: Attaching the Back of Your Rag Quilt

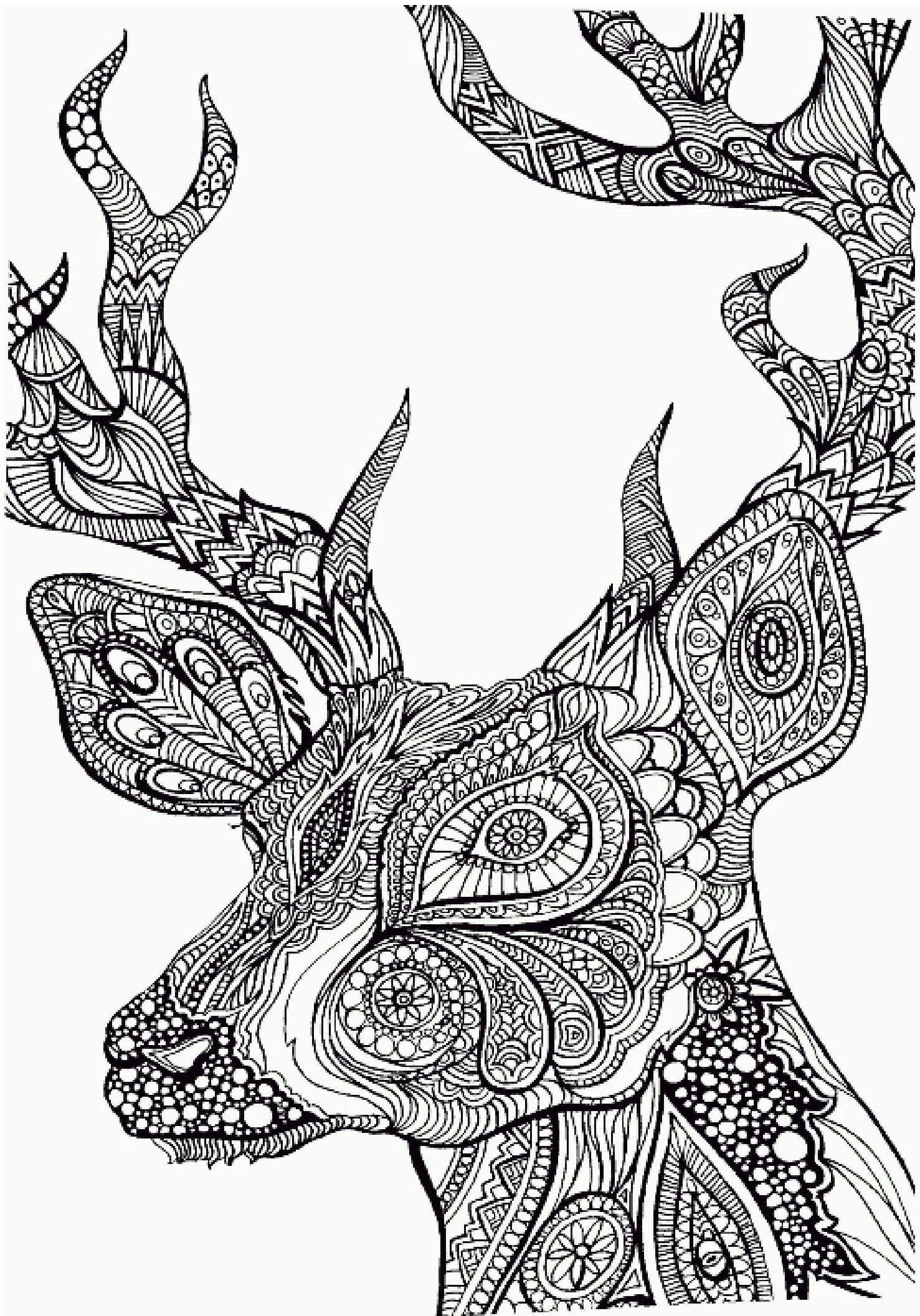
To attach the back of the quilt, all you have to do is lay the top and bottom pieces together, cut out strips, and tie them. This time, since you are attaching all four sides, you'll want to make sure the wrong sides are together. This is the point where you want to cut your backing to size if you haven't done so already.

One side at a time, cut out a 2" x 2" square from the corner, then cut your strips and tie the outside of the quilt top to the backing. When you get to a new corner, you will need to cut out another square like this.

Then, once you round the corner to start tying the next side, you won't be cutting a square. Just cut the strips so that they are even with the last know on the previous side. Work like this the rest of the way around the blanket and you're done! You now have a new rag quilt!







Sudoku

Hard Puzzles

1

		6	8		5		9	
			6			8	4	3
	1			9	4			
2		7				6		
3								5
		1				3		4
			7	5			6	
6	2	9			8			
	8		9		6	1		



2

	4	7						
	3		7	2		8		
		2					9	
	1	6			2	5	4	7
			9		7			
7	2	3	4			9	6	
	7					1		
		5		3	8		7	
						6	2	



Sudoku

Hard Puzzles

3

							1	4
				5		2	7	3
			1			9		
	5			6	9			1
9		6	4	1	3	7		2
1			5	7			4	
		9			7			
6	7	5		4				
2	4							



4

2	5	4			7	6	3	
		7	2	4				
8				6				
			1		6		5	
		1		8		4		
	9		7		4			
				1				7
				7	2	8		
	7	6	9			3	2	4



Sudoku Answers

Hard Puzzles

1

4	7	6	8	3	5	2	9	1
5	9	2	6	7	1	8	4	3
8	1	3	2	9	4	5	7	6
2	5	7	4	8	3	6	1	9
3	4	8	1	6	9	7	2	5
9	6	1	5	2	7	3	8	4
1	3	4	7	5	2	9	6	8
6	2	9	3	1	8	4	5	7
7	8	5	9	4	6	1	3	2

3

3	6	8	7	9	2	5	1	4
4	9	1	8	5	6	2	7	3
5	2	7	1	3	4	9	8	6
7	5	4	2	6	9	8	3	1
9	8	6	4	1	3	7	5	2
1	3	2	5	7	8	6	4	9
8	1	9	3	2	7	4	6	5
6	7	5	9	4	1	3	2	8
2	4	3	6	8	5	1	9	7

2

1	4	7	8	5	9	2	3	6
6	3	9	7	2	1	8	5	4
5	8	2	6	4	3	7	9	1
9	1	6	3	8	2	5	4	7
4	5	8	9	6	7	3	1	2
7	2	3	4	1	5	9	6	8
3	7	4	2	9	6	1	8	5
2	6	5	1	3	8	4	7	9
8	9	1	5	7	4	6	2	3

4

2	5	4	8	9	7	6	3	1
3	6	7	2	4	1	9	8	5
8	1	9	3	6	5	7	4	2
7	4	8	1	3	6	2	5	9
6	2	1	5	8	9	4	7	3
5	9	3	7	2	4	1	6	8
4	8	2	6	1	3	5	9	7
9	3	5	4	7	2	8	1	6
1	7	6	9	5	8	3	2	4

Quiz Questions

from The British Red Cross

General Knowledge Questions

1. What is the world's largest land mammal?
2. Rio de Janeiro is a city in which South American country?
3. Which Middle Eastern city is also the name of a type of artichoke?
4. With which sport is Silverstone most associated?
5. Nostradamus was famous for making what?

Movie and TV Questions

1. Which British actor died whilst still filming his supporting role in Ridley Scott's *Gladiator*?
2. 'The Godfather' was released in 1972; who played the title role?
3. What is the name of the villain in the first Superman movie (1980) played by Gene Hackman?
4. Which British actor won a Golden Globe and an Emmy for his work in the HBO drama series 'Homeland'?
5. Who plays a predatory femme fatale and the FBI agent tracking her down in the 1987 thriller 'Black Widow'?

History Questions

1. August 1990 saw 100,000 Iraqi troops invade which neighbouring state, sparking off the first Gulf War?
2. On 19 August 1968, Soviet tanks rolled into which country?
3. In which month of which year did the Japanese bomb Pearl Harbour?
4. Which empire, led by which charismatic general, conquered a vast part of Europe (Hungary, most of Ukraine, much of Germany and Poland and parts of the Balkans) in the fifth century, before the empire dissolved just as quickly after the death of the leader?
5. In which year did the Battle of Waterloo take place?

Animal Questions

1. Can fish find their way in the dark?
2. What is a Gecko - a Lizard, Snake, or Turtle?
3. Housefly, scorpion, spider - which is the insect?
4. Which type of animal was Winnie the Pooh's friend Eeyore?
5. What are the fruits of roses called - haws, hips or sloes?

Word Search of British Authors

JD Kirk, Kate Ellis, Chris Carter, M J Arlidge, Jeffery Deaver, James Oswald,
Wilbur Smith, Scott Mariani, Faith Martin, Lisa Jewell, Simon Kernick,
Lynda La Plante, Karen Rose, Jo Nesbø, Mick Herron, Matthew Reilly, Ken Follett,
Conn Iggulden, Kathy Reichs, Robert Galbraith, Tony Parsons, Philippa Gregory, Steve
Cavanagh, Agatha Christie, John Sandford John Le Carre,
Martina Cole, Patricia Cornwell,



Quiz Question Answers

General Knowledge Answers

1. Elephant, 2. Brazil, 3. Jerusalem, 4. Motor Racing, 5. Predictions

Movie and TV Answers

1. Oliver Reed, 2. Marlon Brando, 3. Lex Luthor, 4. Damien Lewis
5. Teresa Russell and Debra Winger

History Questions

1. Kuwait, 2. Czechoslovakia, 3. December 1941, 4. The Huns, led by Attila, 5. 1815

Animal Questions

1. Yes - using water pressure change, 2. A lizard, 3. Housefly,
4. A donkey, 5. Hips

And a few more exercises to build strength and balance

Being more active isn't about working up a sweat, moving fast or lifting heavy weights, it's just about moving a little more every day in the ways that work for you. We love these suggestions from Age UK to get us all moving a little more and will certainly be giving them a go from our desks in The Round House.



Regular standing

If you sit down a lot during the day, try to get up once an hour. If that's not possible, moving your arms and legs for a few minutes will help.

Standing without help

Work towards pushing up from sitting in a chair to a standing position without using a walker or leaning on someone else.



- Sit on a chair without arm rests, with your arms across your chest.
 - Lean forward.
 - Put your weight on your feet while leaning forward.
 - Stand up by straightening your knees. Sit down again.
 - Repeat this as many times as you feel able.
 - Try to do this exercise 3 to 5 times a day.
-

Gentle stretches

Try some gentle stretches in bed or a chair every day to keep supple.



- While sitting or lying, bring your toes towards your shin and then point them toward the floor. Repeat for both feet.
 - Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.
 - Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.
 - Sitting on a chair with your feet on the floor, bend your knee as much as possible. Repeat for both legs.
 - Sitting on a stool, let your back drop and get rounded, then use your back muscles to straighten your back and arch it (but not too much!).
-

THE BIG KNIT 2021

Curious Caterpillar Knitting Pattern

Curious Caterpillar Big Knit Hat

Materials needed; pair of 4mm knitting needles, DK yarn, small amount of toy stuffing, darning needle to make up.

Using 4mm knitting needles, cast on 31sts

Rows 1-2: gt-st 2 rows

Rows 3-14: beg with k row, st-st

Row 15: (k2tog) repeat to last stitch, k1 (16 sts)

Row 16: Purl

Row 17: K1 Inc in every stitch to last stitch K1 (30sts)

Row 18-24: beg p row st-st 7 rows

Row 25: k2tog, repeat to end (15sts)

Row 26: Purl

Row 27: (k2tog) repeat to last stitch K1 (8sts)

Break yarn and thread through remaining stitches, pull tightly and fasten off.

Antenna (make 2)

In black, make a twisted cord about 4cms long.

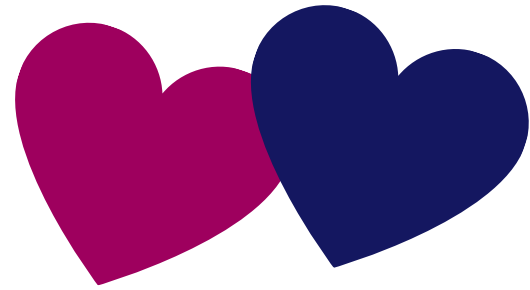
Making Up

Sew the seam, insert a small amount of toy stuffing into the head. Attach antenna to the top of the head and sew on a face using the picture as a guide. Thread some yellow yarn through the shaping at the bottom of the head, pull up and fasten off.



Drop off your little creations at any local Co-op Food Store or Co-op Funeralcare home across Northumberland up until 1st September 2021 and Innocent Drinks will give us 25p for every hat we send them...Happy Knitting!

Getting crafty with the grandchildren



As life starts to return to 'normal' and we can spend time with family and friends, why not get a bit crafty

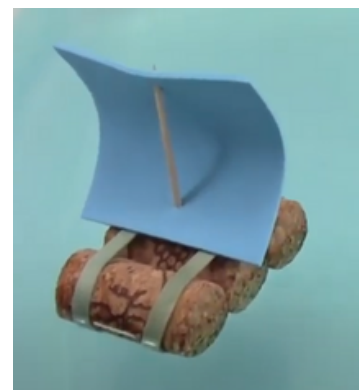
Tissue paper stained glass: you can make beautiful stained glass designs using card, tissue paper and glue.

Terrarium: Create a decorative garden in a glass container. For extra fun, let the kids add plastic dinosaurs, gnomes, or fairies.

Picture frame: There are countless ways to decorate wooden picture frames. Experiment with buttons, beads, ribbons, paint, stickers, or glitter. When your creation is complete, add a photo of you and the kids.

Sailboat: It's super easy to create sailboats out of plastic trays or corks, wooden sticks, and paper. Encourage the kids to be creative when decorating their flags.

Finger puppets: These can be as much fun to play with as they are to make. You can create cute designs out of paper, felt, or even rubber gloves.



Creative Corner

DIY Lavender Soap

Treat yourself to some posh SPA soap. The result is pretty, indulgent, and makes a great gift.

INGREDIENTS

- 1 lb Goat's Milk Melt & Pour Base
- 1-2 TBSP Dried Lavender
- Lavender Oil
- Silicone Soap Molds



Cut 1 lb of goat's milk melt & pour soap mix (1/2 of the 2 lb brick) into squares.

Melt in microwave for 30 seconds. Remove, stir and keep microwaving at 10 second intervals until full melted. Add a tablespoon of lavender to melted goat's milk. Then add 15 drops of lavender to melted goat's milk. Ladle your mixture into silicon soap form or bun cases. Let it set overnight.

And that's it...you're bath ready!

Time for a joke....

Why do we tell actors to "break a leg?"

**Because every play has a
cast.**

Summertime Baking



Joan's Tried and Tested Summer Strawberry and Cream Sponge Cake!

Ingredients

100g (4oz) margarine
100g (4oz) caster sugar
2 medium eggs
100g (4oz) self raising flour
150ml whipping cream
2 tbsp strawberry conserve
15-20 fresh strawberries halved
2 tbsp icing sugar



The easy method.

Heat oven to 180C, gas mark 4 and grease two 6 inch cake tins.

Put the margarine and caster sugar into a large bowl and whisk until light in colour and fluffy, add eggs and a little flour then mix, add the remaining flour and give it a final mix together.

Separate the mixture into two cake tins and place in oven for 20-25 mins. When lightly brown on top, remove from oven and allow to cool fully.

Filling and decoration

Whip the whipping cream with 1 tbsp caster sugar until the cream makes peaks when whisked, take one of the cakes and spread the strawberry conserve over the cake top, spoon on the whipped cream and pop the second cake on the top. Sprinkle with icing sugar and decorate with fresh strawberries....then sit back and enjoy with friends or family!

simple bobble hat

beginner pattern by Juliet Bernard

Yarn: Yellow and white

Needles: 4mm

Hat

Cast on 31 sts in yellow

Knit two rows

Beginning with a knit row work 12 rows in st st

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Cut the yarn leaving approx 10cm length. Thread this through sewing needle and bring through stitches and pull up to tighter

Making up

Use a sewing needle to join side seams.

Make a pompom in white and sew securely to top of the hat.

**Join in The Big Knit
and help raise funds for
Age UK Northumberland
for every little hat we send
away we receive 25p to help
older people**

Send your hats to Angela
Clough at Age UK
Northumberland
The Round House
Lintonville Parkway
Ashington
NE63 9JZ
or call
01670 784 800



Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together

stripe hat

beginner pattern by Juliet Bernard

Yarn: Blue and white DK

Needles: 4mm

Hat

Cast on 31 sts in blue

Knit two rows (garter st)

Change to white and beginning with a knit row continue in st st as follows

2 rows white, 2 rows blue, 2 rows white, 2 rows blue, 2 rows white, 2 rows blue.

Continue in blue

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

Making up

Use a sewing needle to join side seams.

Make a pompom in blue and white and sew securely to top of the hat.



Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together

Mini Beehive

by DMC Creative World



SIZE

To fit an innocent smoothie

YARN

- Cotton 2 Ply yarn/thread in cream
- Small amounts of fine crochet thread in red, white, black and yellow.

YOU WILL ALSO NEED

- A 3mm (UK11/US -) Pony crochet hook
- Yarn needle to darn in ends
- Toy stuffing

TENSION

Tension is not critical for this project

ABBREVIATIONS

ch	chain
dc	double crochet
htr	half treble
ss	slip stitch
rep	repeat

STITCHES USED

Magic ring

PATTERN:

Instructions

- Using a 3mm crochet hook and cream 2 ply yarn:
- **Round 1:** Work 11dc into magic ring.
- **Round 2:** work 2dc into each dc to end. (22dc).
- **Round 3:** *1dc in next dc, 2dc in next dc rep from * to end. (29dc).
- **Rounds 4 – 11:** work into the back loop of every dc of the previous round to end. This creates the ridged effect of the beehive.
Then working in spiral:
- **Rounds 12 – 15:** work ss into every stitch.
ss into next st and close.

Bee Body

- Use a 3mm crochet hook and yellow crochet thread.
- **Round 1:** 2ch, 6dc in second chain from the hook, ss into first st of round. (6dc).
- **Round 2:** 1ch, 2dc into each st, ss into first st of round. (12dc). Change to black.
- **Rounds 3 – 4:** 1ch, dc into every stitch, ss into first st of round. (12dc). Change to yellow.
- **Rounds 5 – 6:** 1ch, dc into every stitch, ss into first st of round. (12dc). Change to black.
- **Rounds 7 – 8:** 1ch, dc into every stitch, ss into first st of round. (12dc). Change to yellow and work in a spiral, filling bee with stuffing as you are working.
- **Rounds 9 – 11:** 1ch, (dc2tog over next 2sts) rep until you have 1 stitch on your hook. Weave in end to close. Fasten off.
- Embroider mouth using a small length of black and work two French knots for the eyes.

deramores

Bee Wings: Make 2.

- Use a 3mm crochet hook and white and working in a spiral.
- **Round 1:** 2ch, 6dc in second chain from the hook. (6dc).
- **Round 2:** (2dc into first st of previous round, 1dc into each of next 2sts) rep to end. (8dc).
Fasten off.
- Stitch wings onto centre back.
- Weave in ends.

Mini Flowers: Make 2.

- Use a 3mm hook and start with yellow.
- Make a magic ring and work 6 dc into the ring.
- Change to red.
- **Round 1:** *1ss, 1htr, 1ss repeat to end. ss to join with 1st stitch.
Fasten off.

Making Up

1. Thread a length of cream 2 ply yarn into the top of the beehive. Make 10 chain and carefully attach to the centre of the yellow body of the bee in between the wings.
2. Attach the flowers to the outside of the beehive.

deramores

Cat Hat

by Val Pierce



SIZE

To fit an innocent smoothie

YARN

Small amounts of Cream, Orange, Grey and Black DK yarn.

YOU WILL ALSO NEED

- A pair of 3.75mm (UK9/US5) Pony knitting needles
- A small amount of toy stuffing

TENSION

Tension is not critical for this project

ABBREVIATIONS

K	Knit
P	Purl
alt	alternate
inc	increase
sts	stitches
st st	stocking stitch
k2tog	Knit two together

PATTERN

Base

- Using 3.75mm needles and orange, cast on 28 sts.
- Knit 3 rows of garter stitch.
- Work 2 rows st st.
- Join in cream work 2 rows st st.
- Work 2 rows st st in orange.
- Work 2 rows st st in cream.
- Work 2 rows st st in orange, then 2 rows st st in cream.
- **Next Row:** K2tog across row in orange.
- **Next Row:** Purl
- **Next Row:** K2tog across row in orange.
- Break yarn and run through stitches.
- Fasten off.

Ears (Make 2)

- Using 3.75mm needles and orange cast on 8 sts.
- Work 6 rows in garter stitch.
- **Next Row:** K2tog at each end.
- **Next Row:** Knit
- **Next Row:** K2tog at each end.
- **Next Row:** K2tog twice, k2tog and fasten off.

deramores

Nose

- Using 3.75mm needles and orange cast on 2sts.
- **Next Row:** Purl
- **Next Row:** Inc at each end.
- Repeat last 2 rows until you have 10 sts, ending on a purl row.
- Work 6 rows in st st.
- **Next Row:** K2tog across row. 5 sts.
- **Next Row:** Purl
- Cast off.

Tail

- Using 3.75mm needles and orange cast on 8 sts.
- Work 4 rows st st, join cream.
- Work 2 rows cream.
- Work 2 rows orange.
- Repeat last 4 rows 4 more times.
- Continue in orange.
- **Next Row:** K2tog at each end
- **Next Row:** Purl
- **Next Row:** K2tog at each end
- **Next Row:** Purl
- **Next Row:** K2tog twice,
- **Next Row:** K2tog. Fasten off.

Mouse

- Using 3.75mm needles and grey cast on 10 sts.
- Knit 8 rows.
- K2tog at each end of next and following alt rows to 4 sts.
- K2tog twice, k2tog fasten off.

To Make up

- Sew seam on base, this will run down the centre back.
- Sew an ear to each side of the head.
- Take the nose and pin in position on front of head, add a tiny bit of stuffing to pad out.
- Sew in place.
- Embroider eyes, nose and whiskers using black DK.
- Sew seam on tail, add a tiny bit of stuffing to pad out.
- Sew to back seam then curl tail around front of base, secure with a few stitches.
- Curl the piece of knitting for the mouse to form a little triangle shape, add a tiny bit of stuffing.
- Using French knots, embroider one for each ear in grey and one in black for nose.
- Embroider eyes in black.
- Add a small length of grey yarn for tail.
- Position mouse onto cat and sew in place.

**You can find more great patterns at
<https://www.ageuk.org.uk/northumberland/get-involved/thebigknit2021>
or give us a call and
we'll send you some out.**

deramores

Sudoku

Very Hard Puzzles

1

		7		6			3	
			4	7		6		2
1	6							8
9				5	1			3
	7						9	
4			8	9				5
6							8	7
2		8		4	3			
	9			8		3		



2

6				5			1	2
			4		2		5	6
			1		6			8
	3				8		7	
9								4
	6		5				2	
4			9		5			
2	7		8		3			
3	5			6				7



Sudoku

Very Hard Puzzles

3

		2				4		
	9	3				5		
	8		1					9
		7		4	8	9		2
	5		2		7		8	
2		8	5	9		6		
7					6		9	
		9				7	4	
		5				3		



4

2		9		5				7
					2	5		
5			9		7		2	4
					1	6		5
	1						3	
8		4	3					
1	9		5		3			6
		5	6					
6				4		7		1



Sudoku Answers

Very Hard Puzzles

1

8	2	7	1	6	5	9	3	4
3	5	9	4	7	8	6	1	2
1	6	4	9	3	2	7	5	8
9	8	2	6	5	1	4	7	3
5	7	1	3	2	4	8	9	6
4	3	6	8	9	7	1	2	5
6	4	3	5	1	9	2	8	7
2	1	8	7	4	3	5	6	9
7	9	5	2	8	6	3	4	1

3

1	7	2	9	5	3	4	6	8
4	9	3	6	8	2	5	1	7
5	8	6	1	7	4	2	3	9
6	1	7	3	4	8	9	5	2
9	5	4	2	6	7	1	8	3
2	3	8	5	9	1	6	7	4
7	2	1	4	3	6	8	9	5
3	6	9	8	2	5	7	4	1
8	4	5	7	1	9	3	2	6

2

6	4	8	7	5	9	3	1	2
7	1	3	4	8	2	9	5	6
5	9	2	1	3	6	7	4	8
1	3	4	6	2	8	5	7	9
9	2	5	3	1	7	8	6	4
8	6	7	5	9	4	1	2	3
4	8	6	9	7	5	2	3	1
2	7	1	8	4	3	6	9	5
3	5	9	2	6	1	4	8	7

4

2	8	9	1	5	4	3	6	7
3	4	7	8	6	2	5	1	9
5	6	1	9	3	7	8	2	4
9	2	3	7	8	1	6	4	5
7	1	6	4	2	5	9	3	8
8	5	4	3	9	6	1	7	2
1	9	2	5	7	3	4	8	6
4	7	5	6	1	8	2	9	3
6	3	8	2	4	9	7	5	1

A Letter from the team at LNER

Hello there,

I'm not a heavy drinker
But I like a pint or two
And now the pubs have opened up
I've knocked back quite a few.
The government has helpfully
Put good advice in place;
Approach each glass of beer and think;
In hand – to face – fill space.

It's true! I have been a bit giddy with excitement about being able to sit outside cafes and pubs with my breakfast or coffee or glass of something naughty. In April. In Newcastle. Brrrrr. As soon as the sun goes down I start to turn blue, despite the layers of clothes and the little polystyrene mat thing that I sit on. Still; I have been colder in the past of course, so I persevere.

When a young thing I went on a holiday to Russia, long before that was a place that people visited. It was November and minus 15 in the middle of the day in Leningrad (now St Petersburg), so I'm sure I can cope with a few more weeks of Tyneside Spring outdoors. What is the coldest you have ever been?

The other day I met friends for breakfast (actually it was cake but let's call it breakfast) in a place called Hoult's Yard. It is close to the river, sort of in between Byker and Walker. It is full of trendy bakeries and bars. There was a huge queue at a doughnut place called Proven Goods. The walk back to town along the quayside was lovely, as the Sunday market was on and the sky was bright. There was a bit of a holiday atmosphere.

Hoult's Yard had been an industrial yard which had fallen out of use. I absolutely love the way some people have the vision to breathe new life into places and create beauty (and fun) (and jobs). It kind of fits Spring perfectly - all the things coming back to life around now. Just look at all the blossom on the trees this year! Bright pink crab apple blossom and cherry too, as well as all the whitest white on other trees. I think this year we seem to have the blossomest blossom EVER because the simple things seem so precious.

**What are your favourite Spring flowers?
What makes you feel like Winter has well and truly gone away?**

Love to you, from Sheila, your neighbour. x

**We're here to help
whatever the
weather...**



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Planning**



**And we'd love to see you at one of our online groups,
whether you'd like to do a little more exercise,
a craft or have a coffee and a chat,
give us a call for more information.**



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