

What you need: Week 5



Beauty with Deborah Make up lesson

- Mirror
- Foundation
- Powder
- Concealer
- Mascara
- Eye Brow Products
- Highlighter
- Lip stick and lip gloss
- Brushes and sponge



Aerobics with Arita

- A drink of water
- Comfortable clothing
- Comfortable shoes
- A chair
- Ball
- Space to move



Mindfulness with John

- A quiet room
- Relaxing music
- A comfortable place to relax
- Hand sanitiser



Line Dancing with Gary

- Comfortable shoes
- Water
- Plenty of space
- Comfortable clothes



Cooking Pizza with Eugene

- Apron
- Pizza base
- Red onion
- Scallion
- Ham
- Sweet corn
- Cheese grated
- Tomato Sauce
- Pepper
- Mixed herbs



Oven

- 7-10 minutes

Brown Bread with Brian

Ingredients

- 350g Wholemeal Flour
- 125g plain white flour
- 1 teaspoon baking soda
- 275ml buttermilk
- 150ml Natural Yogurt
- 1 egg
- A little treacle
- A little rapeseed oil
- Porridge oats to sprinkle on top



Oven

- 180 degrees for 40 minutes

Equipment

- Mixing bowl, sieve, whisk, greased baking tin, spatula, jug,

Yoga with Anita

- A drink of water
- Comfortable clothing
- Comfortable shoes
- Space to move in a relaxing room
- A yoga mat, mat or carpet
- Yoga block
- Blanket



Scrambled Eggs with Eugene

- 3 eggs
- Salt
- Pepper
- Milk
- Small piece butter
- A little oil
- Bowl fork/Whisk
- Wooden spoon or spatula
- Pan and hob (cookery)
- Bread for toast
- Smoked salmon (option)



Painting Nails with Deborah

- Nail file
- Paint
- Clean hands
- Mask

Gardening with Noel

- Winter plants - violas
- Small pot
- Peat
- Stones for drainage



Drawing with Edel

- Paper plain sheet
- Pencil
- Rubber



Art with Andy

- Painting from last week
- Small sponge
- Paints
- Water
- Small card



Literacy with Dylan

- Lesson sheet-PDF printed
- Pen



ISL with Robert

- Comfortable space



Guitar with Ruairi

- Guitar

