

What you need: Week 6



Beauty with Deborah Nail Painting

- Hand Sanitiser
- Face Cream
- Nail file
- Nail Paint



Aerobics with Arita

- A drink of water
- Comfortable clothing
- Comfortable shoes
- A chair
- Resistance band
- 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



Art with Jenny Hummingbird

- Picture of a hummingbird
- 2 white sheets of paper
- Scissors
- Pencil
- Colouring pencils
- Markers
- Rubber
- Hole punch



Leek and Mushroom Risotto with Emer Ingredients

- 8 oz mushrooms
- 2 leeks
- Vegetable stock cube
- 1 cup Arborio Risotto Rice
- Salt and Pepper
- 1 teaspoon olive oil
- A little butter
- Parmesan cheese
- **Cooker**



Equipment

- Mixing bowl, saucepan, jug, wooden spoon

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)



Face Massage with Deborah

- Hand sanitiser
- Face cream or massage oil
- Face 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

