

What you need: Week 13



Skincare with Ann Young



- Cotton pads
- Face cloth
- Hairband
- Bowl of warm water
- Cleanser
- Toner
- Facial exfoliator
- Eye make-up remover
- Moisturiser

Guitar with Ruairi



- Guitar

Aerobics with Arita



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

Sea-life art with Edel part two



- Paper
- Pencil
- Eraser
- Ruler

Baking brown bread with Brian



- Wholemeal and plain flour
- Bread soda
- Treacle
- Buttermilk
- Natural yoghurt
- Eggs
- Rapeseed oil
- Porridge oats

Line Dancing with Gary



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

Abstract photography with Anna



- Phone or tablet
- Different objects i.e. glass bowl, cheese grater, fruit bowl
- Space to move around

Card creating with Drumlin House



- Computer or laptop
- Word Document
- Printer

Yoga with Anita



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

Cooking scrambled egg with Eugene



- 3 Eggs
- Milk
- Butter
- Oil
- Salt and pepper

Irish artists with Andy's art



- Pencil
- Paper
- Eraser
- Paint
- Paint brushes
- Water
- Tissue

Mindfulness with John



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

Choir group one – Melody



- Tablet or phone
- Lyric sheet

Choir group one – Harmony



- Tablet or phone
- Lyric sheet

Chair exercises with Paul



- Chair
- Water

