

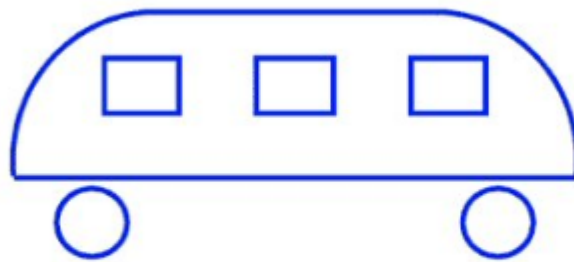


ISOLATION PACK

23/03/2020

BRAIN TEASER

In which direction is the bus pictured below traveling?



Do you know the answer?

The only possible answers are "left" or "right."

**If you know the answer email
Martin.kenny@royalvoluntaryservice.org to put your name in a hat
to win an RVS Goody Bag**

This week learn a few fun French phrases to practise on your friends and family!

#5 *Ça va?* – How are you? (the basic way to enquire how someone is)

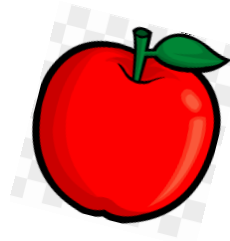
- (sa va)

#6 *Ça roule?* – How's it going? (a much more informal way to ask the same question, to be used with people you are on very informal terms with)

- (sa rule)

#7 *Comment vas-tu/comment tu vas? Comment allez-vous?* – How are you? (a slightly more elegant version of *ça va?* in both the formal and informal forms)

- (komon va too, komon too va, komon tallay voo) – the 'n' is nasal and not pronounced strongly



FRUITS

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
E	S	I	R	C	A	S	A	P	T	W	R	K	R
E	Y	B	I	A	Y	A	E	E	E	A	M	L	R
G	E	R	W	L	O	R	E	P	N	R	E	Y	Y
N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

RASPBERRY
LIME
BLACKBERRY
BLUEBERRY
WATERMELON
ORANGE
BANANA
PAPAYA
LEMON
KIWI
STRAWBERRY
GRAPE
APPLE

<https://thewordsearch.com/>

FUN FACT

The longest town name in the world is 85 letters long in Australia!



<https://bestlifeonline.com/world-facts/>

SUDOKU – EASY

The Rules of Sudoku

The classic Sudoku game involves a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares.

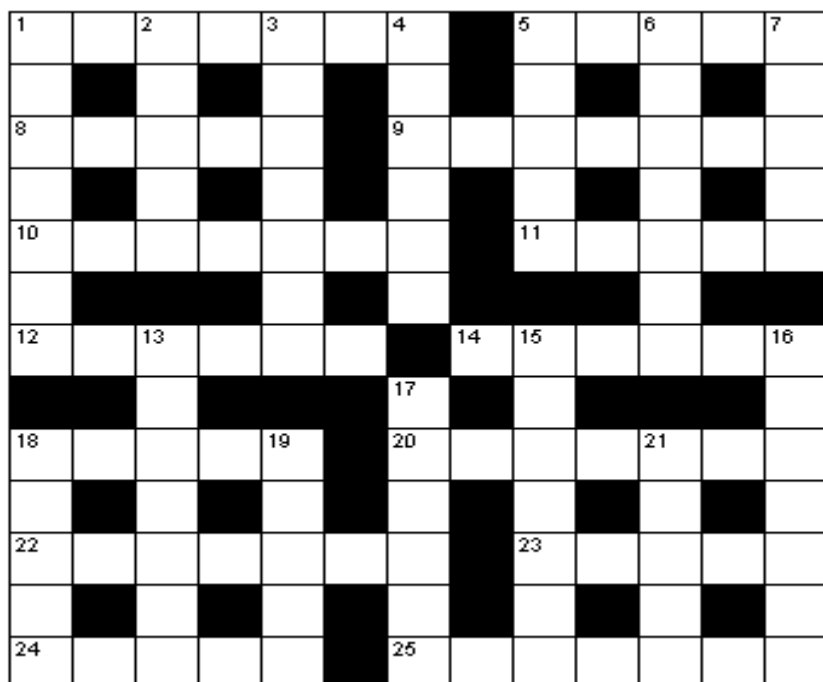
The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution.

© 2005 counton.org

		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		



Across

- 1 Gratified (7)
- 5 Criminal (5)
- 8 Telegram (5)
- 9 New England state (7)
- 10 Brought about (7)
- 11 Metal worker (5)
- 12 Breathe in (6)
- 14 Affix (6)
- 18 Entice (5)
- 20 Garments (7)
- 22 Sunshade (7)
- 23 Modify (5)
- 24 Snug (5)
- 25 Greatly feared (7)

Down

- 1 "Tosca" composer (7)
- 2 Waned (5)
- 3 Clients (anag.) (7)
- 4 Share out (6)
- 5 Documents to be filled in (5)
- 6 Like a lion (7)
- 7 V-shaped incision (5)
- 13 Monotonous (7)
- 15 Desecrate (7)
- 16 Wished for (7)
- 17 Climbed (6)
- 18 Theme (5)
- 19 Flavoursome (5)
- 21 Detested (5)



Useful contacts for help and advice during these hard times.

NHS

<https://digital.nhs.uk/services/nhs-111-online>

Age Scotland

Contact - 0800 12 44 222

The Age Scotland Helpline

Some activities to consider –

Art- Try a simple doodle on paper or draw or paint they flowers in your house

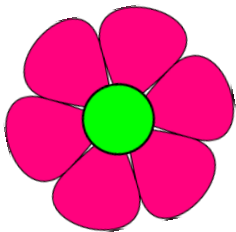


Have a pamper day – Run a bubble bath, chop cucumbers for your eyes, get the candles glowing and your favourite music on, chill and reminisce before getting all cosy for bed.

Puzzle or Jigsaw – Dust off the old brainteasers in the cupboards and challenge yourself.

Life Story Writing – Write your own life story. Make a book of your funny stories to pass on to family and friends. You could dig out memorabilia and old photographs to put in it.

Flower Arranging – Dig out the flowers from the back garden and create a lovely display for your house



Housework – needn't be boring. Put on your favourite tunes and sing and dance away. You'll feel great having a tidy house and done some exercises.

Start a virtual Bookclub with friends – Call your friends and neighbours – suggest a book and then make a date to discuss it.



Raid the cupboards – Spark your creativity by looking out what's in the kitchen cupboards to make your own special recipe to be passed down through the family and friends.

ANSWERS

1	P	L	2	E	A	3	S	E	4	D		5	F	E	6	L	O	7	N
	U		B		T				I			O		E					O
8	C	A	B	L	E				9	V	E	R	M	O	N	T			
	C		E		N				I			M		N					C
10	I	N	D	U	C	E	D					11	S	M	I	T	H		
	N								I			E					N		
12	I	N	13	H	A	L	E			14	A	15	P	P	E	N	16	D	
			U							17	S		R						E
18	T	E	M	P	T				19		20	C	L	O	T	H	E	S	
	O		D		A				A			F		A					I
22	P	A	R	A	S	O	L					23	A	L	T	E	R		
	I		U		T							E		N		E			E
24	C	O	M	F	Y					25	D	R	E	A	D	E	D		

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