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Waitrose offer reminder

Waitrose is offering to shop for your essential items (**up to £40 worth**) and deliver them to your home on **Monday, Wednesday and Friday between 10:00-12:00 noon.**

Please see our website for more details, or a previous newsletter.

Thank you for your lovely emails about this newsletter and your contributions.

A weekly newsletter to bring our community together during these challenging times.

Please send anything for this newsletter to denise.tucker@rockdale.org.uk

Rockdale

NATURE SECTION

The sky is still bright blue with the sun shining, helping to keep us, and all the wildlife happy!



Resident, Janet used a picture (left) taken of our beautiful tulips, as the image for her Easter email to friends and family. Great idea!



(Picture right)
Resident, Maeve has been keeping herself busy by planting the garden trough whilst in isolation.



(Picture left)
Fact: In a worker bee's lifespan of 6-8 weeks it will fly the equivalent distance of 1.5 times the circumference of the earth! Also, around 1/3 of the food we eat is a result of honey bee pollination so they are all very hard at work at the moment and extremely important to us. They will enjoy less pollution at this time.

(photo courtesy of Bob Bannister)

Children spreading joy with pebble art!



Leanne's (Housing Officer) children, Sadie and Jude, have been decorating pebbles, which they then leave around their local area for other children to spot on their walks.

It's becoming a popular thing to do in the UK and many of the pebbles are painted in bright colours and focus on the NHS and saying thank you.

There are some hidden around Rockdale gardens for you to find, if you are out for your exercise and fresh air.

If you find one, you are welcome to take it home with you.

We think these two are fabulous. What a lovely thing to do.



For those of you online, the video communication which seems to be working well and is currently popular to keep in touch with family and friends, is ZOOM.

If you would like to try it and don't know how, please call Denise Tucker on Wednesday, 22nd April and she will give you instructions. Tel. 01732 364407.

"The Rockdale Wave" MONDAYS AT 2pm.

Wave with your Neighbour! Stand at your window,
stand at your door.
Give a big wave to your neighbours and Staff!

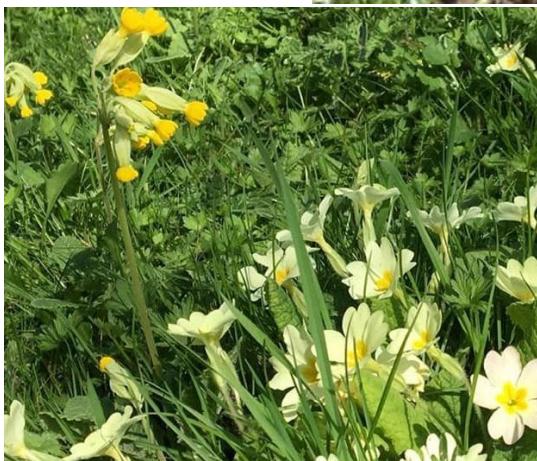


Enjoying art at home

Resident, Katya has picked up her watercolour paints and produced some beautiful paintings of trees. We think they are gorgeous. It's the perfect time to explore some home crafts.



Beautiful flowers in the gardens at Rockdale now. Pictures kindly taken by Annette, Head Gardener. Do you know what they are?



The Sweets and Chocolate Quiz

- | | |
|----------------------|-------------------------------|
| 1. Mothers locals | 11. Lots of parties |
| 2. Clever folk | 12. Outside meal |
| 3. Sport for princes | 13. Reward |
| 4. Garden flowers | 14. Sweet tooth cleaner |
| 5. Edible fasteners | 15. Big cats pub |
| 6. Wobbly infants | 16. Where refined people live |
| 7. Talk quietly | 17. Where 9, 10 and 11 follow |
| 8. Big bus | 18. 100% precious metal |
| 9. Spin round | 19. The mutiny was here |
| 10. Noisy insects | 20. A race of endurance |

Weekly quiz kindly
provided by Sybil G

(Answers in next week's
newsletter)

Here are the answers to The Rainbow Quiz from last week's newsletter.

- | | |
|------------|--------------|
| 1. Gold | 11. Lilac |
| 2. Emerald | 12. Red |
| 3. Rose | 13. Mint |
| 4. Orange | 14. Hyacinth |
| 5. Mustard | 15. Yellow |
| 6. Copper | 16. Coral |
| 7. Violet | 17. Mulberry |
| 8. Lemon | 18. Maroon |
| 9. Garnet | 19. Rogue |
| 10. Grey | 20. Lime |

Keeping fit in isolation!

Sit at the edge of a chair and extend your legs forward with your knees slightly bent. Keep your heels on the floor and toes pointed toward the ceiling. Extend both arms in front and reach to touch your toes, while slowly bending at the waist without bouncing. Hold for 10 seconds then return to resting position.

Joe Wicks, is helping over 65s stay active during lockdown (online). Rockdale House residents are joining in (pictures to the right)! If you are online, you can join in too, by searching 'Joe Wicks 10 minute workout for seniors'.



Cheer for the NHS.

Show your support for everything they are doing to keep this country as safe as possible. **Every Thursday evening at 8pm. Clap your hands or beat your pans!**

Have a chat

If you are feeling a bit lonely and want to have a chat, please use the **Tunstall call system** and we will arrange for someone to call you back.

You can pay online

If residents would like to pay online any sundry invoices they receive from Rockdale (eg, for home help), please use the details below with reference, 'home help', etc.

Account Name: Rockdale Housing Association Ltd.
Account Number: 25848488 Sort Code: 60-19-02

Get to know each other better using this newsletter

Lots of residents will enjoy articles shared by residents - stories, poems, pictures,

Please speak to Jean or email denise.tucker@rockdale.org.uk if you have something we can share in future newsletters.