

## Give yourselves a pat on the back . . .

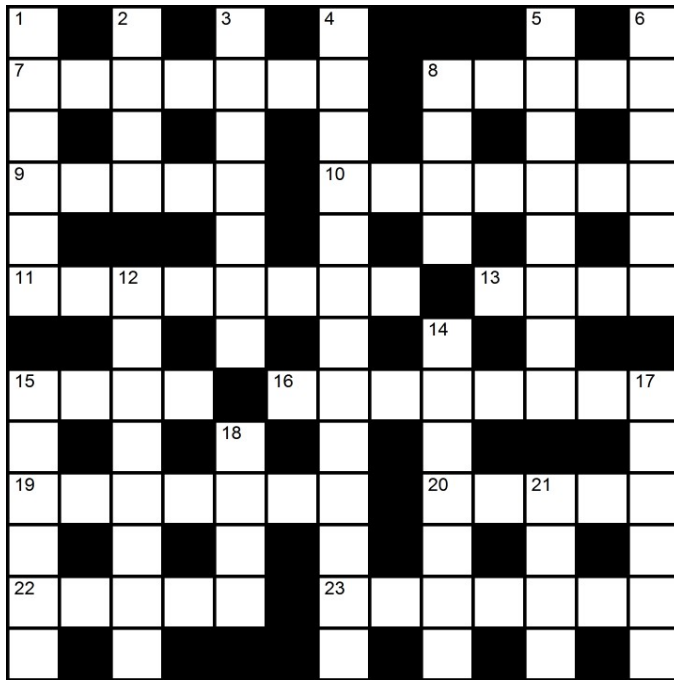
This week marks 12 weeks since the start of lockdown. It has been a really testing and challenging time for all of us but for many of our members it has been even harder – faced with stricter lockdown because of vulnerability and isolation. We would just like to say well done. You have shown remarkable fortitude and cheerfulness. And to mark the start of a slightly eased lockdown we are delivering a painted stone to everyone – created with love from the children of Lindfield!

## And here is a restful vase of flowers for you to colour in!



# Tiger@Ten Crossword

## Crossword Number 4 Clues



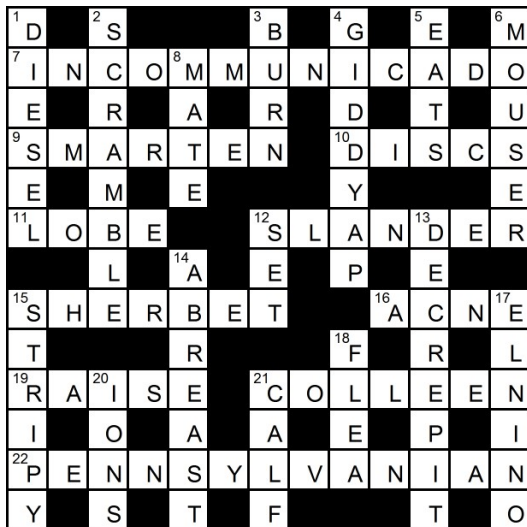
### Across

- 7 Possibly (7)
- 8 Cousin of your daughter (5)
- 9 Pertaining to the nose (5)
- 10 Satisfied (7)
- 11 Form of precipitation (8)
- 13 Cease (4)
- 15 Excess of expenditure over income (4)
- 16 Magician (8)
- 19 African river powering the Kariba Dam (7)
- 20 Highly favoured (5)
- 22 Prevail (5)
- 23 Performer of gymnastic feats (7)

### Down

- 1 Food tin essential (6)
- 2 Minerals (4)
- 3 Sentimental songs (7)
- 4 Mental (13)
- 5 Runaway (8)
- 6 Broken-down (4-2)
- 8 Number of feline lives (4)
- 12 Inability to sleep (8)
- 14 Nemesis of "Titanic" (7)
- 15 Reptile (6)
- 17 Revolve (6)
- 18 Noggin (4)
- 21 Recedes (4)

## Crossword No. 3 Solution



## Book Group News

We will be reading *The Warden*, by Anthony Trollope in July. If anyone has a copy to lend please email Gwen ([gwenandjohng@tiscali.co.uk](mailto:gwenandjohng@tiscali.co.uk)). *Gwen and Lindsay and the Book Group*.

## And finally . . . Perfect posture please!

Like me, you might find yourself sitting down more than usual! When that becomes a habit our posture can begin to change. To keep you core strength and posture when sitting down for a long time, my tip is that you imagine you have an orange resting between your shoulder blades, push your shoulders up and back 10 times every half an hour. Give it a go! *Carrie*