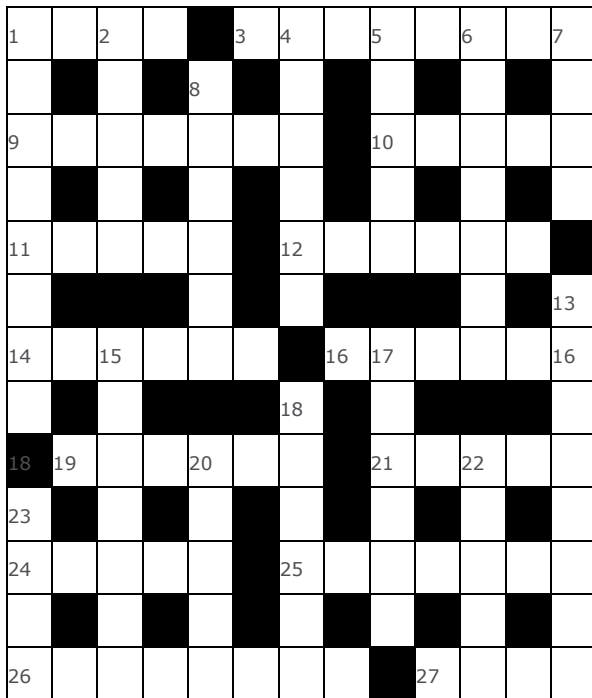


**Hello Everyone,**

How are you feeling these days? The lockdown is getting long for all of us, but it is especially challenging for you, our residents. We, at the CAT team are here to help you stay sane in these challenging times. We have other activities downstairs in the Pod and have quite a big selection of books too. Get in touch with us, let us know what you would like, and we will try our best. Whether you like these puzzles or would like others, don't hesitate to let me know.

**Crossword**



**Across**

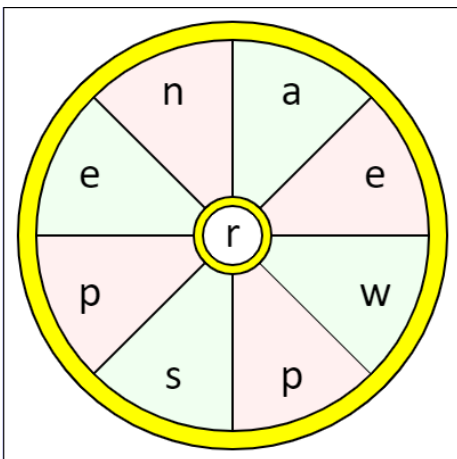
- 1 Hard durable wood (4)
- 3 Unnaturally high voice (8)
- 9 Pertaining to the stomach (7)
- 10 Meadow (5)
- 11 Receiver of stolen goods (5)
- 12 Eyesight (6)
- 14 Most proficient (6)
- 16 Winding downhill ski race (6)
- 19 Stinging plant (6)
- 21 Something worth having (5)
- 24 Salivate (5)
- 25 Landscape features (7)
- 26 Skittles (8)
- 27 Undershirt (4)

**Down**

- 1 Contest of strength (3-2-3)
- 2 Fire-raising (5)
- 4 Recess (6)
- 5 Settees (5)
- 6 Loftier (anag) (7)
- 7 Probabilities (4)
- 8 Leafy veg (6)
- 13 Violet gemstone (8)
- 15 Rest (3-4)
- 17 Idler (6)
- 18 British naval hero (6)
- 20 Spring flowering bulb (5)
- 22 Leather with a soft napped surface (5)
- 23 Biblical garden (4)

**Word wheel**

The 9-letter word is an item you frequently see on the London public transport



**Wordsearch**

Theme: Fitness

P	R	O	T	E	I	N	M	R	A	O
E	E	B	A	C	K	I	U	F	N	S
S	N	R	Y	D	O	B	S	I	C	T
H	I	N	S	T	R	U	C	T	O	R
T	A	S	T	O	K	Z	L	N	R	E
L	G	W	H	L	N	U	E	E	E	N
A	O	I	G	E	D	A	S	S	S	G
E	J	M	I	I	S	X	L	S	U	T
H	C	N	E	B	A	S	W	I	L	H
R	M	T	W	O	R	K	O	U	T	E
N	D	U	M	B	B	E	L	L	S	Y

- Back
- Bench
- Body
- Diet
- Dumbbells
- Gain
- Health
- Instructor
- Jog
- Loss
- Muscles
- Personality
- Protein
- Results
- Strength
- Swim
- Weights

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

**SUDOKU**

**Easy**

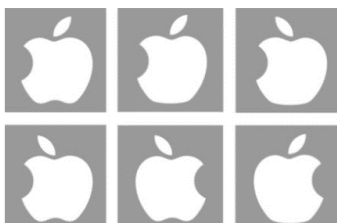
	7				4	1	3	
			2		7			6
		5		1	3		2	
		1			2			
		2	1	9			5	7
		3		4	5	8		2
	1		3	7	8	2	6	
3	6	7				5	8	
8		9			1		7	

**Hard**

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

**Apple's logo**

Can you identify Apple's logo?



**Logic Puzzle**

A girl meets a lion and unicorn in the forest. The lion lies every Monday, Tuesday and Wednesday and the other days he speaks the truth. The unicorn lies on Thursdays, Fridays and Saturdays, and the other days of the week he speaks the truth. "Yesterday I was lying," the lion told the girl. "So was I," said the unicorn. What day is it?

**Span of Diophantus's life**

*"This tomb holds Diophantus. Ah, what a marvel! And the tomb tells scientifically the measure of his life. God vouchsafed that he should be a boy for the sixth part of his life; when a twelfth was added, his cheeks acquired a beard; He kindled for him the light of marriage after a seventh, and in the fifth year after his marriage He granted him a son. Alas! late-begotten and miserable child, when he had reached the measure of half his father's life, the chill grave took him. After consoling his grief by this science of numbers for four years, he reached the end of his life."*

In simpler English it says: Diophantus's youth lasted 1/6 of his life. He had the first beard in the next 1/12 of his life. At the end of the following 1/7 of his life Diophantus got married. Five years from then his son was born. His son lived exactly 1/2 of Diophantus's life. Diophantus died 4 years after the death of his son.

**Contact Details**

If you are interested in more puzzles or in courses online or with me, contact Marie in the Pod or email [marielambert@ymcasp.org](mailto:marielambert@ymcasp.org)  
Tel: 07545 659 787

**CSCS or SIA:**

You can still register for CSCS or SIA. CSCS will be done online and SIA will do the theory online then practical as soon as possible.

**Enjoyed those puzzles? Look at these websites:**

<https://www.mathsisfun.com/puzzles>

<https://puzzles.independent.co.uk/category/word/>

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