

Somersworth Recreation

RECspiration!!

Join Somersworth Recreation for our weekly RECspiration to help you get through these challenging times. Please understand that these activities are provided as ideas and there is no requirement to participate; additionally, participants should refrain from activities beyond their capabilities to safely complete.

Physical Fitness

Fall Exercises

Try these balance exercises and try not to fall!

- Balance on right foot for 30 seconds
- Balance on left foot for 30 seconds
- Stand with right toe touching left heel for 30 seconds
- Stand with left toe touching right heel for 30 seconds



Source: <https://www.teacherspayteachers.com/Product/Autumn-Themed-Brain-Break-Cards-1999618>

DID YOU KNOW?

Fun Facts about Pumpkins



- The largest pumpkin ever grown weighed 1,140 pounds.
- The largest pumpkin pie ever made was over 5 feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- Pumpkins are 90 percent water and contain potassium and Vitamin A.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- Native Americans used pumpkin seeds for food and medicine. They also flattened strips of pumpkin, dried them and made mats.

Source: <http://www.pumpkin-patch.com/facts.html>

RECspiration!!

Creative Fun

Carved Pumpkin Bean Bag Toss

- Choose a medium and larger sized pumpkin to carve.
- Cut a large hole in the bottom of one large and one medium pumpkin. (**Ask an adult to help with this)
- Scoop out the pulp and seeds.
- Use face template provided on the website below or carve your own face. Cut out faces and then stack the medium pumpkin on top of the large one. Use skewers to help hold them in place. To play game, toss beanbags into your gourds' mouth, awarding 10 points for the bottom and 20 points for the top.
- Beanbags can be purchased at the store or you can make your own (see Craft Corner section for DIY bean bags).



Source: <https://www.countryliving.com/diy-crafts/g279/pumpkin-carving-ideas/?slide=3>

Fun Snacks

Pretzel Pumpkins

Ingredients:

- 1/2 cup green candy-coated sunflower seeds (or green M&Ms cut in half)
- 12 ounces orange candy coating
- 3 cups small pretzel twists



1. Line a baking sheet with waxed paper or parchment paper.
2. Put orange candy coating in microwave-safe bowl and microwave in 30-second intervals, stirring every 30 seconds to prevent overheating. Take it out of microwave when a few pieces remain and stir until all pieces are melted.
3. Drop a pretzel in coating and submerge slightly. Use a fork or dipping tool to pull the pretzel out of the coating. Let excess drip back in the bowl. Place it on the prepared baking sheet. While coating is still wet, press a green coated sunflower seed or half of an M&M into the top of the pretzel for the stem. Repeat until all pretzels are dipped. Refrigerate for 15 minutes or until set.

Source: https://www.thespruceeats.com/pretzel-pumpkins-520951#_a5y_p=2561297

RECspiration!!

Craft Corner DIY Bean Bags



Materials Needed:

- Fabric
- Thread
- Funnel
- Rice
- Sewing machine (may need Adult help)
- Sewing Needle

- Cut fabric to desired size (for a 3" x 3" finished bean bag, cut fabric 4" x 4"). You will need 2 squares for each bean bag.
- Place 2 squares of fabric right side to right side and sew all the way around leaving a 1.5" section open. Use this opening to turn the bean bag right-side-out and to fill the bag.
- Clip the corners to reduce bulk. Turn right-side-out.
- Using a funnel, fill the bag with rice. Leave enough space to flatten the edge if using sewing machine to close and place under presser foot and sew. If you choose to close by hand, fill bag completely and sew it closed with a sewing needle.

Source: <https://www.sewyoustudio.com/blog/2014/3/9/tutorial-how-to-make-small-bean-bags>

Outdoor Pumpkin Picking



Who is ready for an adventure to the pumpkin patch? Take advantage of the Fall weather and visit a local farm and come home with some pumpkins. You can pick out sugar pumpkins (great for pies) or traditional pumpkins (great for carving jack-o-lanterns). Some farms may even have other things to do after you finish picking out your pumpkins.

Here's a hint—the best pumpkins to pick have a deep, hollow sound when you tap them. If you put your ear up to the pumpkin and tap on it and you hear an echo you got a good one!

Below are links to a few local farms you can visit to get pumpkins. It may be a good idea to call ahead first.

Source: <https://www.butternutfarm.net/>

Source: <http://www.applecrest.com/>

Source: <https://demerithillfarm.com/>