

Somersworth Recreation

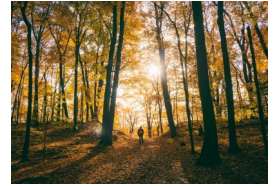
RECspiration!!

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

Go for a Bike Ride or Hike



The weather is getting cooler but that doesn't mean you can't get outside and exercise! Here's a couple of activities you can do if the weather is good. Make sure you dress appropriately!

Go for a Bike Ride: This is good exercise and a pollution-free way to enjoy the outdoors. Pick a quieter neighborhood with lots of trees along the streets for a full fall experience while riding your bike. **Remember to wear your helmet!!**

Go for a Hike: November is one of the best months to go hiking. Plan a hike with family, friends or even take your dog along. Before you hit the trail, take into consideration the weather and gear you may need to hike comfortably and safely. Visit our website to learn more about your local parks and trails!

<https://www.somersworth.com/parks-recreation/pages/city-parks>

Source: <https://www.tentree.com/blogs/posts/10-fun-things-to-do-in-november>



DID YOU KNOW?



Fun Facts This Week in November

Nov 16th	2001	The first Harry Potter film "Harry Potter and the Philosopher's Stone" was released.
Nov 17th	1970	The computer mouse is patented by Douglas Engelbart.
Nov 18th	2001	The Nintendo Gamecube is first released in the United States.
Nov 19th	1863	President Abraham Lincoln delivers the Gettysburg Address.
Nov 20th	1984	McDonald's makes its 50 billionth hamburger.

Source: <https://www.ducksters.com/history/novemberinhistory.php>

RECspiration!!



Creative Fun Apple Volcano



What you Need:

- Apples
- Baking Soda
- Vinegar
- Knife to carve out hole (Adult should do this)
- Container to catch the fizz

1. Place apple on a dish or pie plate. Have an adult cut a hole in the top of the apple about halfway down.
2. Put 2 spoonful's of baking soda into the hole. You can add a drop of dish soap if you want a foamier eruption! You can also add a few drops of food coloring if you want.
3. Put vinegar into an easy pour cup and pour into the apple and observe what happens.
4. Chemistry is all about states of matter including liquids, solids, and gasses. You have an acid (vinegar) and a base (baking soda) when combined make a gas called carbon dioxide which produces the eruption you can see. The carbon dioxide escapes in the form of bubbles. You can even hear them if you listen closely. The bubbles are heavier than air, so the carbon dioxide collects at the surface of the apple or overflows. If you added dish soap it should give it a more robust volcano lava like flow down the side.

Source: <https://littlebinsforlittlehands.com/erupting-apple-science-baking-soda-fizzy-activity/>



Fun Snacks Apple Pie Bites



Ingredients:

- 2 cans crescent rolls
- 1 can apple pie filling
- 1 teaspoon cinnamon
- 2 teaspoons sugar

1. Preheat oven to 375. Coat muffin tin with baking spray.
2. Unroll and pull apart crescent rolls, placing one triangle of dough in each muffin tin. Add 1 heaping spoonful of apple pie filling on top of each crescent roll.
3. Mix together the cinnamon and sugar. Sprinkle a little over the pie filling. Pull the edges of the crescent rolls up and over the pie filling. Sprinkle a little more of the cinnamon sugar mixture on the dough of each pie.
4. Bake for about 15 minutes, until golden brown. Allow to cool slightly and serve warm.

Source: <https://typicallysimple.com/apple-pie-bites-recipe/>

RECSpiration!!



Craft Corner Tissue Paper Filled Pumpkins



What you'll need:

- Orange tissue paper
- Green tape (floral, electrical or painters tape)
- Assorted candy
- 9" cake pan
- Scissors
- Pencil

1. Put 2 pieces of tissue paper together and draw the outline of a circle using a 9" cake pan (turned upside down) or something similar in size. Cut out the circle and using both pieces for 1 pumpkin, pile candy into the center of the circle. Make sure you use enough to make a full looking pumpkin.
2. Take the circles and candy and center them over your hand. Use your fingers to gently bend the paper around the candy (try to get folds neat and tidy). Gather up the edges of the circle, & then pinch and twist to close as best as you can.
3. Cut a small piece of green tape and wrap around the twisted end of the pumpkin top. Twist it around to make the pumpkin stem.

Source: <https://onelittleproject.com/tissue-paper-pumpkin-favours/2/>



Indoor/Outdoor Fun Animal Charades

- Before playing, print off a page of animal pictures. Cut out each individual animal, fold each in half, and put them in a hat or bucket. If you don't have a printer at home, write down animal names on paper or draw your own!
- Begin the game by having your child choose a piece of paper and then act out the animal silently, while you and others try to guess what the animal is. Whoever guesses correctly gets the next turn to pick a piece of paper and act out the animal silently.
- This can be a group game or one on one game for 2 kids or adults.

Source: <https://www.familyfuntwincities.com/indoor-games-for-kids/>