

Winash Activities – 20<sup>th</sup> January – 26<sup>th</sup> January 2020

	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Monday 20<sup>th</sup> January</b>	<u>10.30am</u> – Gentle Exercises with Alison in Lounge	<u>1.30pm</u> – Chiropodist in Lounge  <u>2.00pm</u> – Play Your Cards Right with June in Day Room	<u>TV in Lounge</u>
<b>Tuesday 21<sup>st</sup> January</b>	Hairdresser  <u>10.00am</u> – Church Coffee Morning	Hairdresser  Free Time	<u>TV in Lounge</u>
<b>Weds 22<sup>nd</sup> January</b>	<u>10.45am</u> – Rice Krispie Cakes with Jeanette D in Dining Room	<u>2.00pm</u> – Boccia with Rachel in Lounge	<u>TV in Lounge</u>
<b>Thursday 23<sup>rd</sup> January</b>	Pamper Session with Karen – <u>10-11.00am or 11-12.00pm (2 Sessions)</u> in Middle Floor Lounge. <i>Please Book - see Karen</i>	<u>2.00pm</u> – Singing for Fun. Join Jeanette & Anicia in Lounge	<u>TV in Lounge</u>
<b>Friday 24<sup>th</sup> January</b>	<u>10.30am</u> – Gentle Exercises with Alison in Lounge	<u>1.30pm</u> – Chiropodist in Lounge  <u>2.00-3.30pm</u> – Word Wheel & Quiz in Dining Room	<u>TV in Lounge</u>
<b>Saturday 25<sup>th</sup> January</b>	Free Time	<u>2.00pm</u> – Shoe Shining in Dining Room	<u>TV in Lounge</u>
<b>Sunday 26<sup>th</sup> January</b>	<u>10.30am</u> – Songs of Praise Hymn CD playing in the Day room	<u>2.00pm</u> – 1:1 Time	<u>TV in Lounge</u>

This timetable is a guide that we will do our best to keep to, however activities may change at short notice. Please check the activity whiteboard in the dining room for daily updates.