

Winash Activities – 27th January – 2nd February 2020

	Morning	Afternoon	Evening
Monday 27th January	<u>10.30am</u> – Gentle Exercises with Alison in Lounge	<u>1.30pm</u> – Making Shortbread with June in Day Room	<u>TV in Lounge</u>
<u>Caribbean Day</u> Tuesday 28th January	Hairdresser <u>10.00am</u> – Church Coffee Morning	Hairdresser 2.00pm – Caribbean Fun & Games in Lounge Afternoon Tea: Ginger Tea & Pina Colada Cake	<u>TV in Lounge</u>
Weds 29th January	Pamper Session with Karen – <u>10-11.00am</u> or <u>11-12.00pm</u> (2 Sessions) in Middle Floor Lounge. <i>Please Book - see Karen</i>	<u>2.00pm</u> – Paint Your Own Coasters (to keep in your rooms) in Day Room	<u>TV in Lounge</u>
Thursday 30th January	<u>10.45am</u> – Paint Your Own Coasters (to keep in your rooms) in Day Room	<u>2.00pm</u> – Boccia with Frank in Lounge	<u>TV in Lounge</u>
Friday 31st January	<u>10.30am</u> – Gentle Exercises with Alison in Lounge	<u>2.00-3.30pm</u> – Word Wheel & Quiz with Georgia in Dining Room	<u>TV in Lounge</u>
Saturday 1st February	Free Time	<u>2.00pm</u> – Hangman in Dining Room	<u>TV in Lounge</u>
Sunday 2nd February	<u>10.30am</u> – Songs of Praise Hymn CD playing in the Day room	<u>2.00pm</u> – Singing for Fun with Jeanette in Lounge	<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.