

Winash Activities – 16th March to 22nd March 2020

FOOD & HYDRATION WEEK

	Morning	Afternoon	Evening
Monday 16th March	<u>10.30am</u> – Gentle Exercises with Alison in Lounge	<u>2.00pm</u> – Birthday Cake Decoration in Dining Room <u>2.00pm</u> – Film in Lounge	<u>TV in Lounge</u>
<i>St Patrick's Day</i> Tuesday 17th March	Hairdresser <u>10.00am</u> – Church Coffee Morning <u>10.00am</u> – Morning Discussion about Hydration with Anne in Day Room	Hairdresser <u>2.00pm</u> – ‘What’s News about Food’ – Discussion Time in Dining Room	<u>TV in Lounge</u>
Weds 18th March	<u>11.00am</u> – Winash Community Choir in Lounge	<u>2.00pm</u> – Preparing Foods for Afternoon Tea in Dining Room <u>3.15pm</u> – Boccia in Day Room	<u>TV in Lounge</u>
Thursday 19th March	<u>11.00am</u> – Holy Communion in Lounge (Anne Planning Time)	<u>2.00pm</u> – Scam Session (‘information about keeping you safe from fraudsters’) with NatWest Bank & Anne in Lounge (Max 18 People)	<u>TV in Lounge</u>
Friday 20th March	<u>10.30am</u> – Gentle Exercises with Alison in Lounge	<u>2.00pm</u> – Quiz with Anne in Lounge	<u>TV in Lounge</u>
Saturday 21st March	<u>WORLD POETRY DAY</u> Free Time	<u>2.45pm</u> – Birthday Afternoon Tea for Dorothy A. Please bring poems that you enjoy, to share.	<u>TV in Lounge</u>
Sunday 22nd March	<u>11.00am</u> – Songs of Praise Hymn CD playing in Day Room	<u>Celebrating Mothers Everywhere</u>	<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.