

Winash Activities – 21st January to 27th January 2019

	Morning	Afternoon	Evening
Monday 21st January	<u>10.30am – Gentle Exercises in Lounge</u>	<u>2.00pm – Boccia in Lounge</u>	
Tuesday 22nd January	<u>10.00am – Church Coffee Morning</u>	<u>1.30pm – Chiropodist in Lounge</u>	
Weds 23rd January	<u>9.00am – Hairdresser In</u> <u>11.00am – Ipad Session in Lounge for MM/KB/JB (please bring your ipads along)</u>	<u>1.30pm – Hairdresser In</u> <u>1.30pm – Chiropodist in Lounge</u> <u>2.00-3.00pm – Rydal Nursery in Dining Room – Food Related Activity</u>	
Thursday 24th January	<u>11.00am – DVD Tour Around Victoria & Albert Museum in Lounge</u>	<u>2.00pm – Scottish Songs Singalong in Lounge</u>	
Friday 25th January	<u>10.30am – Gentle Exercises in Lounge</u> <u>12 noon - Burns Night – Scottish Dinner</u>	<u>2.00pm – Scottish Poetry followed by Quiz in Lounge</u>	
Saturday 26th January	<u>Free Time</u>	<u>Activity Displayed in Dining Room</u>	
Sunday 27th January	<u>10.30am – Songs of Praise Hymn CD playing in the Day room</u>	<u>Activity Displayed In Dining Room</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.