

Winash Activities – 28th January to 3rd February 2019

	Morning	Afternoon	Evening
Monday 28 th January	<u>10.30am – Gentle Exercises in Lounge</u>	<u>1.45 - 2.45pm – RSPB Bird Watch in Lounge</u> <u>2.45pm – Afternoon Birthday Tea in Dining Room for KB</u>	
Tuesday 29 th January	<u>10.00am – Church Coffee Morning</u>	<u>Activity Displayed in Dining Room</u>	
Weds 30 th January	<u>9.00am – Hairdresser In</u> <u>11.00am – Discussion Group for Dignity Week</u>	<u>1.30pm – Hairdresser In</u> <u>2.00-3.00pm – Rydal Nursery in Dining Room – Food Related Activity</u>	
Thursday 31 st January	<u>11.00am – (Weather Permitting) – Short Walk for JE/BB/MCu</u>	<u>2.00pm – Making Cards in Dining Room</u>	
Friday 1 st February	<u>10.30am – Gentle Exercises in Lounge</u>	<u>2.00pm – Word Wheel & Dignity Quiz in Lounge</u>	
Saturday 2 nd February	<u>Free Time</u>	<u>Activity Displayed in Dining Room</u>	
Sunday 3 rd February	<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.