

Winash Activities – 7th January to 13th January 2019

	Morning	Afternoon	Evening
Monday 7th January	<u>10.30am – Gentle Exercises in Lounge</u>	<u>2.00-3.00pm – Making Dog Biscuits with Rydal in Dining Room</u>	
Tuesday 8th January	<u>10.00am – Church Coffee Morning</u> <u>10.00-11.30 – Creative Minds Art Session in Dining Room</u>	<u>2.00-3.00pm – Bagging up Dog Biscuits with Rydal in Dining Room</u> <u>2.00pm – Film in Lounge</u>	
Weds 9th January	<u>9.00am – Hairdresser In</u> <u>11.00am – Sing Along in Lounge</u>	<u>1.30pm – Hairdresser In</u> <u>2.00pm – Rydal & Clevedon School Pupils with Bonnie, the Dog, in Lounge</u>	
Thursday 10th January	<u>10.45am – Residents’ Meeting in Lounge</u>	<u>2.00-3.00pm – Rydal Nursery Children Sing Along in Lounge</u>	
Friday 11th January	<u>10.30am – Gentle Exercises in Lounge</u>	<u>2.00pm – Quiz (TBC) in Lounge</u>	
Saturday 12th January	<u>9.00am – DA/MB – Perms</u>	<u>Games & Craft available in Dining Room</u>	
Sunday 13th January	<u>10.30am Hymn CD playing in the Day room</u>	<u>Games & Crafts available 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.