

**Winash Activities – 11<sup>th</sup> February to 17<sup>th</sup> February 2019**

	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Monday 11<sup>th</sup> February</b>	<b><u>10.30am – Gentle Exercises in Lounge</u></b>	<b><u>2.00pm – Singalong in Lounge</u></b>	
<b>Tuesday 12<sup>th</sup> February</b>	<b><u>10.00am – Church Coffee Morning</u></b>	<b><u>Activity Displayed in Dining Room</u></b>	
<b>Weds 13<sup>th</sup> February</b>	<b><u>9.00am – Hairdresser In</u></b>  <b><u>11.00am – Discussion Group in Lounge</u></b>	<b><u>1.30pm – Hairdresser In</u></b>  <b><u>2.00-3.00pm – Rydal Nursery in Dining Room – Food Related Activity</u></b>  <b><u>3.00pm – Birthday Tea for MP</u></b>	
<b>Thursday 14<sup>th</sup> February</b>	<b><u>11.00am – Boccia in Lounge</u></b>	<b><u>2.00pm – Music for Health (Louise &amp; Tony) in Day Room</u></b>	
<b>Friday 15<sup>th</sup> February</b>	<b><u>10.30am – Gentle Exercises in Lounge</u></b>	<b><u>2.00pm – Word Wheel &amp; Quiz in Lounge</u></b>	
<b>Saturday 16<sup>th</sup> February</b>	<b><u>Free Time</u></b>	<b><u>Activity Displayed in Dining Room</u></b>	
<b>Sunday 17<sup>th</sup> February</b>	<b><u>10.30am – Songs of Praise Hymn CD playing in the Day room</u></b>	<b><u>Activity Displayed In Dining Room</u></b>	

**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.**