

Winash Activities – 18th February to 24th February 2019

	Morning	Afternoon	Evening
Monday 18th February	<u>10.30am – Gentle Exercises in Lounge</u>	<u>2.00pm – Craft in Dining Room</u>	
Tuesday 19th February	<u>10.00am – Church Coffee Morning</u>	<u>Activity Displayed in Dining Room</u>	
Weds 20th February	<u>9.00am – Hairdresser In</u> <u>11.00am – Discussion Group in Lounge</u>	<u>1.30pm – Hairdresser In</u> <u>2.00pm – Film – La La Land (Musical) in Lounge</u> <u>(Anne not in)</u>	
Thursday 21st February	<u>10.30am – Holy Communion in Lounge</u> <u>(Anne not in)</u>	<u>2.00pm – Relaxation Session in Middle Lounge</u>	
Friday 22nd February	<u>10.30am – Gentle Exercises in Lounge</u>	<u>2.00pm – Word Wheel & Quiz in Lounge</u>	
Saturday 23rd February	<u>Free Time</u>	<u>Activity Displayed in Dining Room</u>	
Sunday 24th 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.