

Winash Activities – 25th February to 3rd March 2019

	Morning	Afternoon	Evening
Monday 25th February	<u>10.30am – Gentle Exercises in Lounge</u>	<u>2.00pm – Making Daffodils in Dining Room</u>	
Tuesday 26th February	<u>10.00am – Church Coffee Morning</u>	<u>Activity Displayed in Dining Room</u>	
Weds 27th February	<u>9.00am – Hairdresser In</u> <u>11.00am – Winash Shop</u>	<u>1.30pm – Hairdresser In</u> <u>2.00pm – Rydal Nursery Food Related Activity in Dining Room</u>	
Thursday 28th February	<u>11.00am – Boccia in Lounge</u>	<u>2.00pm – Making Welsh Cakes in Dining Room</u>	
Friday 1st March	<u>10.30am – Gentle Exercises in Lounge</u>	<u>2.00pm – St David’s Day – Afternoon Tea</u>	
Saturday 2nd March	<u>Free Time</u>	<u>Activity Displayed in Dining Room</u>	
Sunday 3rd March	<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.