

Winash Activities – 4th February to 10th February 2019

	Morning	Afternoon	Evening
Monday 4th February	<u>10.30am – Gentle Exercises in Lounge</u>	<u>2.00pm – Digni-tea Poetry Afternoon in Lounge</u>	
Tuesday 5th February	<u>10.00am – Church Coffee Morning</u>	<u>Activity Displayed in Dining Room</u>	<u>7.00pm – Barber in Middle Lounge</u>
Weds 6th February	<u>9.00am – Hairdresser In</u> <u>11.00am – Singalong in Lounge</u>	<u>1.30pm – Hairdresser In</u> <u>2.00-3.00pm – Rydal Nursery in Dining Room – Food Related Activity</u>	
Thursday 7th February	<u>11.00am – Boccia in Lounge</u>	<u>2.00pm – Gents Meet in Reception for Brewery Trip</u> <u>3.00pm – Baptist Church in Dining Room</u>	
Friday 8th February	<u>10.30am – Gentle Exercises in Lounge</u>	<u>2.00pm – Word Wheel & Quiz in Lounge</u>	
Saturday 9th February	<u>Free Time</u>	<u>Activity Displayed in Dining Room</u>	
Sunday 10th 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.