

Winash Activities – 2<sup>nd</sup> March – 8<sup>th</sup> March 2020

	Morning	Afternoon	Evening
Monday 2 <sup>nd</sup> March	<u>10.30am</u> – Gentle Exercises with Alison in Lounge	<u>1.30pm</u> – Chiropodist in Lounge <u>2.00pm</u> – Boccia with Anne in Day Room	<u>TV in Lounge</u>
<u>World Book Day</u> Tuesday 3 <sup>rd</sup> March	Hairdresser <u>10.00am</u> – Church Coffee Morning <u>11.00am</u> – Reading Stories to Jolly Tots with Anne in Lounge	Hairdresser <u>TBC</u>	<u>TV in Lounge</u>
Weds 4 <sup>th</sup> March	<u>11.00am</u> – ‘Let’s Plan our Garden’ (talk about what veg & flowers we would like to grow) with Anne in Lounge	<u>1.30pm</u> – Chiropodist in Lounge <u>2.00pm</u> – Making Birthday Fruit Cake with Anne in Dining Room	<u>TV in Lounge</u>
Thursday 5 <sup>th</sup> March	<u>11.00am</u> – Word Wheel with Anne in Lounge <u>11.10am</u> – Singing in Day Room with CD & Words	<u>2.15pm</u> – Afternoon Tea in Day Room/Dining Room <u>3.00pm</u> – Baptist Church in Day Room / Dining Room	<u>TV in Lounge</u>
Friday 6 <sup>th</sup> March	<u>10.30am</u> – Gentle Exercises with Alison in Lounge	<u>2.00pm</u> – Quiz with Anne in Lounge	<u>TV in Lounge</u>
Saturday 7 <sup>th</sup> March	Free Time	<u>4.45pm</u> – Rugby – England v Ireland in Lounge	<u>TV in Lounge</u>
Sunday 8 <sup>th</sup> March	<u>11.00am</u> – Songs of Praise Hymn CD playing in Day Room	<u>3.00pm</u> – Rugby – Scotland v France in Lounge	<u>TV in Lounge</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.