

Winash Activities – 9th March – 15th March 2020

	Morning	Afternoon	Evening
Monday 9 th March	<u>10.30am</u> – Gentle Exercises with Alison in Lounge	<u>2.00pm</u> – Find out about Hinduism plus ‘have a go’ at putting on a Sari in Lounge	<u>TV in Lounge</u>
Tuesday 10 th March	Hairdresser <u>10.00am</u> – Church Coffee Morning (Anne out to Meeting)	Hairdresser <u>2.00pm</u> – Seated Football in Day Room with Georgia	<u>TV in Lounge</u>
Weds 11 th March	<u>11.00am</u> – Seated Yoga in Lounge with Anne	<u>2.00pm</u> – Winash Crafts with Jeanette & June	<u>TV in Lounge</u>
Thursday 12 th March	(10.00am – Anne Meeting Kitty & Sheep re. Upcycling Project) <u>11.00am</u> – Word Wheel with Anne in Lounge	<u>2.00pm</u> – Winash Community Choir in Day Room	<u>TV in Lounge</u>
Friday 13 th 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 14 th March	Free Time	<u>2.15pm</u> – Rugby – Wales v Scotland In Lounge	<u>TV in Lounge</u>
Sunday 15 th March	<u>11.00am</u> – Songs of Praise Hymn CD playing in Day Room	<u>TBC</u>	<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.