







## Winash Activities – 11<sup>th</sup> October to 17<sup>th</sup> October 2021

	Morning	Afternoon	Evening
Mon 11 <sup>th</sup> Oct	<p style="color: orange;"><u>Hairdresser In</u></p> <p><b>10.45am – Mindfulness in Ground Floor Lounge</b></p> 	<p style="color: orange;"><u>All Day</u></p> <p><b>2.00pm – Doris Day Concert in Day Room</b></p> 	<p><u>TV in Lounge</u></p>
Tues 12 <sup>th</sup> Oct	 <p><b>10.45am – Keep Fit &amp; Relaxation in Day Room</b></p>	<p><b>2.00pm - Armchair Travel - Spain in Day Room</b></p> 	<p><u>TV in Lounge</u></p>
Weds 13 <sup>th</sup> Oct	<p><b>10.45am – Kerplunk in Day Room</b></p> 	<p style="color: orange;"><u>National Fossil Day</u></p>  <p><b>1.45pm – Fossils &amp; Minerals to Look at in Day Room</b></p>	<p><u>TV in Lounge</u></p>
Thurs 14 <sup>th</sup> Oct	<p><b>10.00am – Pop Up Coffee Shop</b></p>  <p><b>11.00am – Boccia</b></p> 	<p><b>1.45pm – Art &amp; Craft – Patchwork Acorn in Day Room</b></p> 	<p><u>TV in Lounge</u></p>
Fri 15 <sup>th</sup> Oct	 <p><b>10.45am – Flower Arranging in Day Room</b></p>	 <p><b>2.00pm – Quiz in Day Room</b></p>	<p><u>TV in Lounge</u></p>
Sat 16 <sup>th</sup> Oct	<p><b><u>FREE TIME</u></b></p>	 <p><b>2.00pm – Nails in Day Room</b></p>	<p><u>TV in Lounge</u></p>
Sun 17 <sup>th</sup> Oct	<p><b>10.00am – Hymns with Alexa in Day Room</b></p>	<p><b>1.45pm – Crumble in Day Room</b></p> 	<p><u>TV in Lounge</u></p>

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.