

Winash Activities – 10th January to 16th January 2022

	Morning	Afternoon	Evening
Mon 10 th Jan	 <p><u>10.30am</u> – Ball Games in Day Room</p>	 <p><u>2.00pm</u> – Hits of the 60's</p> <p>Quiz in Day Room</p> 	<u>TV in Lounge</u>
Tues 11 th Jan	<p><u>10.45am</u> – Armchair Exercise Class in Day Room</p> 	 <p><u>2.00pm</u> – Nursery</p>  <p>Rhymes Trivia & Quiz in Day Room</p>	<u>TV in Lounge</u>
Weds 12 th Jan	<p style="text-align: center;"><u>National Tea Day</u></p>  <p><u>10.00am</u> – Pop Up Tea Shop in Day Room</p>	 <p><u>2.00pm</u> – Bingo (with prizes!) in Day Room</p>	<u>TV in Lounge</u>
Thurs 13 th Jan	<p><u>10.45am</u> – Boccia in Day Room</p> 	 <p><u>2.00pm</u> – Art – Sunsets & Silhouettes in Day Room</p>	<u>TV in Lounge</u>
Fri 14 th Jan	<u>FREE TIME</u>	 <p><u>2.00pm</u> – Quiz with June in Day Room</p>	<u>TV in Lounge</u>
Sat 15 th Jan	<u>FREE TIME</u>	<p><u>Bagel Day</u></p> 	<u>TV in Lounge</u>
Sun 16 th Jan	<p><u>10.00am</u> – Hymns with Alexa in Day Room</p>	<p><u>World Religion Day</u></p> <p><u>2.00pm</u> - Word Wheel</p> 	<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.