

Winash Activities – 17th January to 23rd January 2022

| | Morning | Afternoon | Evening |
|----------------------------------|--|--|---------------------|
| Mon 17 th Jan | <p>10.45am – Gentle Warm-Up Exercises in Day Room</p>  | <p>2.00pm – That was the Year That Was in Day Room</p>  | <u>TV in Lounge</u> |
| Tues 18 th Jan | <p>1:1's</p>  | <p>2.00pm – History of Teddy Bears & Story Time in Day Room</p>  | <u>TV in Lounge</u> |
| Weds 19 th Jan | <p>10.00am – Pop Up Coffee Shop in Day Room</p>  | <p>2.00pm – Singalong in Day Room</p>  | <u>TV in Lounge</u> |
| Thurs 20 th Jan | <p>10.45am – Stretch & Relaxation in Day Room</p>  | <p>1.45pm – Art – Painted Samplers in Day Room</p>  | <u>TV in Lounge</u> |
| Fri 21 st Jan |  <p style="text-align: center;">NATIONAL HUG DAY</p> | <p>2.00pm – Fun & Frolics in Day Room</p>  | <u>TV in Lounge</u> |
| Sat 22 nd Jan | <u>FREE TIME</u> | <p>Pie Day</p>  <p>2.00pm - Word Wheel</p>  | <u>TV in Lounge</u> |
| Sun 23 rd Jan | <p>10.00am – Hymns with Alexa in Day Room</p> | <p>National Reading Day</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.