

Winash Activities – 2nd May to 8th May 2022

	Morning	Afternoon	Evening
Mon 2 nd May	<p><u>Princess Charlotte's 7th Birthday</u> </p> <p style="text-align: center;"><u>BANK HOLIDAY</u></p>	<p style="text-align: center;"><u>Lemonade Day</u></p> <p>2.00pm – Taste the Fizz in Day Room </p>	<u>TV in Lounge</u>
Tues 3 rd May	 <p style="text-align: center;">10.45am – Gentle Exercise to Classical Music in Day Room</p>	 <p style="text-align: center;">2.00pm – Garden Meditation (In Garden if Nice or New Lounge)</p>	<u>TV in Lounge</u>
Weds 4 th May	<p>1:1's Walks – to the Park if fine </p>	 <p style="text-align: center;"><u>Space Day</u> 2.00pm – Space Travel In Day Room</p>	<u>TV in Lounge</u>
Thurs 5 th May	 <p style="text-align: center;">10.45am – Gentle Exercises & Stretch in Day Room</p>	<p style="text-align: center;"><u>Mexican Celebration Day</u> </p> <p>2.00pm – Mexican Art in Day Room </p>	<u>TV in Lounge</u>
Fri 6 th May	<p>10.45am – Boccia with Amy in Day Room </p>	 <p style="text-align: center;">2.00pm – Quiz with June in Day Room</p>	<u>TV in Lounge</u>
Sat 7 th May	<u>FREE TIME</u>	 <p style="text-align: center;">2.00pm – Nails & Word Wheel in Day Room</p>	<u>TV in Lounge</u>
Sun 8 th May	<p>10.00am – Hymns with Alexa in Day Room </p>	<p style="text-align: center;"><u>VE - Day</u> </p> <p style="text-align: center;">2.00pm – Singalong with Alexa in Day Room</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.