

Winash Activities – 16th May to 22nd May 2022

	Morning	Afternoon	Evening
Mon 16 th May	<p><u>9:30am</u> – Hairdresser In</p>  <p><u>10.30am</u> - Mindful Walks</p>	<p><u>2.00pm</u> – Gardening – Tomato Planting in Garden</p> 	<u>TV in Lounge</u>
Tues 17 th May	 <p><u>10.45am</u> – Gentle Exercise & Stretch to Classical Music in Day Room / Garden (if fine)</p>	<p><u>2.00pm</u> – Quiz in Day Room</p> 	<u>TV in Lounge</u>
Weds 18 th May	<p><u>10.45am</u> – Boccia in Day Room</p> 	<p><u>2.30pm</u> – Audrey W's Birthday Afternoon Tea In Day Room</p> 	<u>TV in Lounge</u>
Thurs 19 th May	 <p><u>10.45am</u> – Dancercise in Day Room / Garden (if fine)</p>	<p><u>2.00pm</u> – All about Bees in Day Room</p> 	<u>TV in Lounge</u>
Fri 20 th May	<p><u>09.45am</u> – Pop Up Coffee Shop in Day Room</p> 	<p><u>FREE TIME</u> (Staff in Training)</p>	<u>TV in Lounge</u>
Sat 21 st May	<p><u>FREE TIME</u></p>	 <p><u>World Meditation Day / World Tea Day</u></p> <p><u>2.00pm</u> – Relaxation to Music in Day Room</p> 	<u>TV in Lounge</u>
Sun 22 nd May	<p><u>10.00am</u> – Hymns with Alexa in Day Room</p> 	<p><u>Biological Diversity Day</u></p> <p><u>2.00pm</u> – Fun Facts 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.