

## Winash Activities – 23<sup>rd</sup> May to 29<sup>th</sup> May 2022

	Morning	Afternoon	Evening
Mon 23 <sup>rd</sup> May	<p><b>9:30am – Hairdresser In</b></p>  <p><b>10.30am - Mindful Walks</b></p>	<p><b>2.00pm – Bingo (with prizes!) in Day Room</b></p> 	<p><b>TV in Lounge</b></p>
Tues 24 <sup>th</sup> May	 <p><b>10.45am – Gentle Exercise to Classical Music in Day Room</b></p>	 <p><b>Queen Victoria's Birthday (Born 1819)</b></p> <p><b>2.00pm – Royal Quiz in Day Room</b></p> 	<p><b>TV in Lounge</b></p>
Weds 25 <sup>th</sup> May	<p><b>10.30m – Gardening – Planting Fruit &amp; Vegetables in Garden</b></p> 	<p><b>National Tap Dance Day</b></p> <p><b>2.00pm – Film &amp; Popcorn in new Lounge</b></p> 	<p><b>TV in Lounge</b></p>
Thurs 26 <sup>th</sup> May	 <p><b>10.45am – Chair Yoga in Day Room</b></p>	<p><b>2.00pm – Art &amp; Poetry in New Lounge</b></p> 	<p><b>TV in Lounge</b></p>
Fri 27 <sup>th</sup> May	<p><b>10.00am – Pop Up Coffee Shop in Day Room</b></p> 	<p><b>Eat More Fruit &amp; Veg Day</b></p> <p><b>2.30pm – Tasters in Day Room</b></p> 	<p><b>TV in Lounge</b></p>
Sat 28 <sup>th</sup> May	 <p><b>Chelsea Flower Show</b></p> <p><b>FREE TIME</b></p>	<p><b>International Hamburger Day</b></p>  <p><b>2.00pm – Nails &amp; Word Wheel in Day Room</b></p> 	<p><b>TV in Lounge</b></p>
Sun 29 <sup>th</sup> May	<p><b>10.00am – Hymns with Alexa in Day Room</b></p> 	<p><b>2.00pm – Nails &amp; Word Wheel in Day Room</b></p> 	<p><b>TV in Lounge</b></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.