

## Winash Activities – 18<sup>th</sup> July to 24<sup>th</sup> July 2022

	Morning	Afternoon	Evening
Mon 18 <sup>th</sup> July	<p><b>9:30am – Hairdresser In</b></p>  <p><b>10.15am – Walks with Jackie</b></p>	 <p><b>2.00pm – Anagram Quiz &amp; Ice Cream in Dining Room</b></p>  	<u>TV in Lounge</u>
Tues 19 <sup>th</sup> July	 <p><b>10.45am – Gentle Exercise to Music in Day Room</b></p>	 <p><b>2.00pm – Card Making in Dining Room</b></p> 	<u>TV in Lounge</u>
Weds 20 <sup>th</sup> July	 <p><b>10.30am – Memory Research Project – Travel &amp; Holidays in Day Room</b></p> 	 <p><b>2.00pm – Bingo (with prizes!) in Day Room</b></p>	<u>TV in Lounge</u>
Thurs 21 <sup>st</sup> July	<p><b>10.30am – Communion Service in Day Room</b></p> 	<p><b>2.00pm – Armchair Yoga &amp; Relaxation in Day Room</b></p> 	<u>TV in Lounge</u>
Fri 22 <sup>nd</sup> July	<p><b>10.30am – Hand Massage in Day Room</b></p> 	 <p><b>2.00pm – Quiz in Day Room</b></p> 	<u>TV in Lounge</u>
Sat 23 <sup>rd</sup> July	<b><u>FREE TIME</u></b>	<p><b>2.00pm – Nails in Day Room</b></p> 	<u>TV in Lounge</u>
Sun 24 <sup>th</sup> July	<p><b>10.00am – Hymns with Alexa in Day Room</b></p> 	 <p><b>2.00pm – Word Wheel in Day Room</b></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.