

Winash Activities – 1st August to 7th August 2022

	Morning	Afternoon	Evening
Mon 1 st Aug	<p>9:30am – Hairdresser In</p>  <p>10.15am – Walks to local park</p>	<p>2.00pm – Environmental Project Outside Visitor in Day Room</p> 	<u>TV in Lounge</u>
Tues 2 nd Aug	 <p>10.45am – Gentle Exercise to Music in Day Room</p>	 <p>2.00pm – Bingo (with prizes!) in Day Room</p>	<u>TV in Lounge</u>
Weds 3 rd Aug	 <p>10.45am - REDS v BLUES Boccia in Day Room</p>	<p>2.00pm – Complete the Analogy in Day Room</p>  <p style="font-size: small;">Finding my car keys is like finding a needle in a haystack.</p>	<u>TV in Lounge</u>
Thurs 4 th Aug	<p>10.45 am – Armchair Yoga & Relaxation in Day Room</p> 	<p>Chocolate Chip Cookie Day</p>  <p>2.00pm – Craft Afternoon – Recycled CD Fish Mobile in Day Room</p> 	<u>TV in Lounge</u>
Fri 5 th Aug	<p><u>FREE TIME</u></p>	<p style="text-align: center;"><u>International Beer Day</u></p>  <p>2.00pm – Pub Quiz in Day Room/Garden</p> 	<u>TV in Lounge</u>
Sat 6 th Aug	<p><u>FREE TIME</u></p>	 <p>2.00pm – Beach Ball Games in Garden</p>	<u>TV in Lounge</u>
Sun 7 th Aug	<p>10.00am – Hymns with Alexa in Day Room</p> 	 <p>2.00pm – Nails, Natter & Word Wheel 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.