

Winash Activities – 25th July to 31st July 2022

	Morning	Afternoon	Evening
Mon 25 th July	<p>9:30am – Hairdresser In</p>  <p>10.15am – Walks & Photo Stops with Jackie</p> 	<p>National Thread A Needle Day</p>  <p>2.00pm – Knit & Sew Lavender Bags & Bring your own Knitting in Day Room</p> 	<u>TV in Lounge</u>
Tues 26 th July	 <p>10.45am – Gentle Exercise to Music in Day Room</p>	 <p>2.00pm – Female First Names Quiz in Day Room</p> 	<u>TV in Lounge</u>
Weds 27 th July	 <p>10.45am – Alive Recycling / Environmental Project in Day Room</p> 	 <p>2.00pm – Bingo – ‘Eyes Down for a Full House’ (with prizes!) in Day Room</p>	<u>TV in Lounge</u>
Thurs 28 th July	<p>10.45 am – Armchair Yoga & Relaxation in Day Room</p> 	<p>2.00pm – Spelling Bee in New Lounge</p> 	<u>TV in Lounge</u>
Fri 29 th July	<p>10.00am – Pop Up Coffee Shop in Day Room</p> 	<p>2.00pm – Board Games in Day Room</p> 	<u>TV in Lounge</u>
Sat 30 th July	<u>FREE TIME</u>	<p>2.00pm – Nails & A Natter in Day Room</p> 	<u>TV in Lounge</u>
Sun 31 st July	<p>10.00am – Hymns with Alexa in Day Room</p> 	<p>2.00pm – Hangman 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.