














# Winash Activities – 29<sup>th</sup> April to 5<sup>th</sup> May 2024

## Gardening Week

### GROUND FLOOR – ACTIVITIES IN DAY ROOM







	Morning	Afternoon	Evening
<b>Mon 29<sup>th</sup> Apr</b>	 <b><u>International Dance Day</u></b> <b>10.45am – 1:1's /</b> <b>Walks with Jackie</b> <b>11.00am – 1:1's with June</b>	 <b>1.45pm - Seated</b> <b>Dance Session with June</b>	<b><u>TV in Lounge</u></b>
<b>Tues 30<sup>th</sup> Apr</b>	 <b>10:45am –</b> <b>Relaxation Session</b> <b>with Jeanette</b>	 <b>1.45pm – Table</b> <b>Displays – Pick</b> <b>Flowers from Garden with</b> <b>Jeanette</b>	<b><u>TV in Lounge</u></b>
<b>Weds 1<sup>st</sup> May</b>	 <b><u>International Sunflower Guerrilla Gardening Day</u></b> <b>10.45am –</b> <b>Drawing or</b> <b>Making Paper</b> <b>Sunflowers with June</b>	 <b>1.45pm – Quiz</b> <b>with June</b>  <b>3.45pm – Jack Hazeldine</b>	<b><u>TV in Lounge</u></b>
<b>Thurs 2<sup>nd</sup> May</b>	<b>10.00am to 10.30am – Rydal</b> <b>Nursery</b>  <b>10.45am – Walk to the</b> <b>Park to take photos of</b> <b>flowers with Jeanette</b>	 <b>1.45pm –</b> <b>Potting Bulbs</b> <b>with Jeanette</b>	<b><u>TV in Lounge</u></b>
<b>Fri 3<sup>rd</sup> May</b>	 <b>10.45am –</b> <b>Exercises with</b> <b>Jackie</b>	 <b>1.45pm – Kerplunk</b> <b>with Sue D</b>	<b><u>TV in Lounge</u></b>
<b>Sat 4<sup>th</sup> May</b>	<b>Winash Shop with June and</b> <b>Georgia</b> 	 <b>1.45pm – Nails with</b> <b>Jasmine</b>	<b><u>TV in Lounge</u></b>
<b>Sun 5<sup>th</sup> May</b>	<b><u>World Laughter Day</u></b> <b>10.00am – Hymns with Alexa</b> <b>in Day Room</b>		 <b>1.45pm – Laughter</b> <b>Yoga with Claire</b>  <b><u>TV in Lounge</u></b>

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.

## Winash Activities – 29<sup>th</sup> April to 5<sup>th</sup> May 2024

### Gardening Week

#### MIDDLE FLOOR – ACTIVITIES IN ROOM 101







	Morning	Afternoon	Evening
<b>Mon 29<sup>th</sup> Apr</b>	<b><u>International Dance Day</u></b>		<u>TV in Lounge</u>
	 <b><u>10.45am</u> – Nails with Jasmine</b>	 <b><u>1.45pm to 2.30pm</u> - Wordwheel with Kris</b>	
<b>Tues 30<sup>th</sup> Apr</b>	 <b><u>10:45am</u> – Seated Laughing Yoga with Claire</b>	 <b><u>1.45pm to 2.30pm</u> – Kerplunk with Sue</b>	<u>TV in Lounge</u>
<b>Weds 1<sup>st</sup> May</b>	<b><u>International Sunflower Guerrilla Gardening Day</u></b>		<u>TV in Lounge</u>
	 <b><u>10.45am</u> – Bingo with Cristina</b>	 <b><u>1.45pm to 2.30pm</u> – Play Your Cards Right with Lisa</b>	

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# Winash Activities – 29<sup>th</sup> April to 5<sup>th</sup> May 2024

## Gardening Week

### TOP FLOOR – ACTIVITIES ROOM 204

	Morning	Afternoon	Evening
<b>Mon 29<sup>th</sup> Apr</b>	<b><u>International Dance Day</u></b>		
	 <b><u>10.45am – 1:1</u> Walks with Olivia</b>	 <b><u>1.45pm to 2.30pm</u> - Bingo with Ella</b>	<b><u>TV in Lounge</u></b>
<b>Tues 30<sup>th</sup> Apr</b>	 <b><u>10:00am</u> – Nails with Jasmine</b>	 <b><u>1.45pm to 2.30pm</u> – Quiz with Cristina</b>	<b><u>TV in Lounge</u></b>
<b>Weds 1<sup>st</sup> May</b>	<b><u>International Sunflower Guerrilla Gardening Day</u></b>		
	 <b><u>10.45am</u> – Play Your Cards Right with Kim</b>	 <b><u>1.45pm to 2.30pm</u> – Wordwheel with Amy MT</b>	<b><u>TV in Lounge</u></b>

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Winter Menu 2023 - Week 4						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Lunch</u> Salmon, Potatoes, Sweetcorn, Broccoli, & Cauliflower  <u>Dessert</u> Chocolate Sponge & Chocolate Sauce	<u>Lunch</u> Chicken in White Wine Sauce, Sweetcorn & Leek  <u>Dessert</u> Fruit Salad	<u>Lunch</u> Minted Lamb, Green Beans, Carrots, Cabbage  <u>Dessert</u> Fruit Crumble	<u>Lunch</u> Cottage Pie, Sprouts, Leeks, +1 Veg  <u>Dessert</u> Bananas & Custard	<u>Lunch</u> Cod Goujons, Chips, Peas and Tomato  <u>Dessert</u> Stew Fruit & Ice Cream	<u>Lunch</u> Chicken Chasseur, Broccoli, Cauliflower  <u>Dessert</u> Rice Pudding	<u>Lunch</u> Beef, Yorkshire Pudding, Roast Potatoes, Swede, Parsnips & Cabbage  <u>Dessert</u> Fruit, Ice-cream & Sauce
<u>Supper</u> Jacket Potatoes, Salad Garnish Or Tomato or Vegetable soup  <u>Dessert</u> Crème Caramel	<u>Supper</u> Cauliflower Cheese Or Tomato or Broccoli & Stilton Soup  <u>Dessert</u> Fruit and Cream	<u>Supper</u> Spaghetti on Toast Or Tomato or sweet potato soup  <u>Dessert</u> Mousse	<u>Supper</u> Pizza & Coleslaw Or Tomato or Leek & Potato Soup  <u>Dessert</u> Yogurts	<u>Supper</u> Brie Tart & Salad Or Tomato or Minestrone Soup  <u>Dessert</u> Fruit & Jelly	<u>Supper</u> Mushrooms on Toast Or Tomato or Celeriac Soup  <u>Dessert</u> Fruit Cocktail & Evaporated Milk	<u>Supper</u> Sarnies Or Tomato or Mushroom Soup  <u>Dessert</u> Stewed Plums