

Winash Activities – 20th May to 26th May 2024

	Morning	Afternoon	Evening
Mon 20th May	<p><u>10.00am – 2.30pm</u> – Hairdresser</p>  <p><u>10.45am</u> – 1:1's / Walks with Jackie</p>	 <p><u>1.30pm to 3.00pm</u> – Tea in the Park with Sue, Jasmine & Claire</p>	<u>TV in Lounge</u>
Tues 21st May	INTERNATIONAL TEA TASTING DAY		
	<p><u>10:45am</u> – Tea Tasting & History of Tea with Jeanette in Day Room</p>	<p><u>1.45pm</u> – Tai Chi with Jeanette in New Lounge</p>	<u>TV in Lounge</u>
Weds 22nd May	 <p><u>10:45am</u> – Calligraphy Lessons continued with June in Day Room</p>	 <p><u>ROB PALMER'S BIRTHDAY</u> <u>1.45pm</u> – Rob's birthday pub sing a long <u>3.45pm</u> – Jack Hazeldine</p>	<u>TV in Lounge</u>
Thurs 23rd May	<p><u>10.00am</u> – Rydal Nursery visiting with Jeanette</p> <p><u>10.30am</u> – Memorial Service for Marjorie McGregor</p>	<p><u>1.45pm</u> – Name That Tune with Jeanette in Day Room</p> 	<u>TV in Lounge</u>
Fri 24th May	<p><u>NATIONAL QUIZ DAY</u> <u>10.45am</u> – Nails with Jasmine</p>  <p><u>10.45am</u> – Exercises with Jackie in Day Room</p>	 <p><u>1.45pm</u> – Quiz with Kris in New Lounge</p>	<u>TV in Lounge</u>
Sat 25th May	<p><u>FA CUP FINAL DAY</u></p> 	 <p><u>1.45pm</u> – Hangman with Karen in Day Room <u>3.00pm</u> – FA CUP FINAL</p>	<u>TV in Lounge</u>
Sun 26th May	<p><u>10.00am</u> – Hymns with Alexa in Day Room</p>	 <p><u>1.45pm</u> – Bingo with Lisa 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.

Summer Menu 2024 - Week Three

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Salmon, Sautéed Potatoes, Sweetcorn, Broccoli & Lemon	Spaghetti Bolognese, cherry tomatoes & Green Beans	Ham, Chips, Peas, Tomato & salad	Minted lamb, Carrots, swede & Boiled potatoes	Cod goujons, Chips, Tomatoes & Peas & salad garnish	Cottage pie, carrots & cabbage	Roast Lamb, Roast Potatoes, Carrots, Green beans
Lemon Sponge with Custard	Apple crumble & custard	Stewed Plums & Evaporated milk	Forest fruits & Ice cream	Trifle	Syrup Sponge & Custard	Bananas & custard
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Tomato/ Soup of the day	Tomato/ Soup of the day	Tomato/ Soup of the day	Tomato/ Soup of the day	Tomato/ Soup of the day	Tomato/ Soup of the day	Tomato/ Soup of the day
Jacket potatoes, Prawns or Baked Beans & Cheese Salad	Sausage Rolls & Beans	Mushrooms on toast	Pizza & Coleslaw	Coronation Chicken & Cous Cous Salad	Fish fingers & wedges	Mixed Sandwiches & Crisps
Peaches & cream	Jelly	Mousse	Yoghurt	Strawberries & cream	Apricots & Evaporated Milk	Rhubarb & Custard