

Winash Activities – 30th September to 6th October 2024

	Morning	Afternoon	Evening
Mon 30th Sep	<p><u>10.00am</u> – Hairdresser</p>  <p><u>10.45am</u> – 1:1 walks with Jackie</p>	 <p><u>1.45pm</u> – Boccia with Cristina in Day Room</p>	<u>TV in Lounge</u>
Tues 1st Oct	<p><u>International Coffee Day</u></p>  <p><u>10:00am</u> – Pop up Coffee Shop and Natter about the origin of Coffee with Claire and Cristina in Day Room</p>	 <p><u>1.45pm</u> – Quiz with Kris in New Lounge</p>	<u>TV in Lounge</u>
Wed 2nd Oct	 <p><u>10:30am</u> – Meeting about Christmas Party with Jeanette in Day Room</p>	 <p><u>1.45pm</u> – Laughing Yoga with Jeanette in New Lounge</p>	<u>TV in Lounge</u>
Thur 3rd Oct	<p><u>10.00am</u> – Rydal with Jeanette</p>  <p><u>10.30am</u> - Make Pizza for Supper with Jeanette in Day Room</p>	<p><u>1.30pm</u> – 1:1 with Jeanette</p>  <p><u>1.45pm</u> – Pamper Session with Karen in New Lounge</p>	<u>TV in Lounge</u>
Fri 4th Oct	<p><u>10.30am</u> – 1:1 with Jeanette</p>  <p><u>10.45am</u> – Exercises with Jackie in Day Room</p>	 <p><u>1.45pm</u> – Making Christmas Cake with Jeanette in Day Room</p>	<u>TV in Lounge</u>
Sat 5th Oct	<p>Winash Shop @ 11am with June and Emma</p> 	 <p><u>1.45pm</u> Word wheel with Cristina in New Lounge</p>	<u>TV in Lounge</u>
Sun 6th Oct	<p><u>10.00am</u> – Hymns with Alexa in Day Room</p>	 <p><u>1.45pm</u> – Bingo with Jeanette in New Lounge</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

Please advise the team if you have any food allergies