




Winash Activities – 21st October 2024 to 27th October 2024

	Morning	Afternoon	Evening
Mon 21 st Oct	<p><u>10.00am</u> – Hairdresser</p>  <p><u>10.45am</u> – 1:1 Walk with Jackie</p>	 <p><u>1.45pm</u> – Nails with Jasmine and Karen in New Lounge</p>	<u>TV in Lounge</u>
Tues 22 nd Oct	 <p><u>10:45am</u> – Boccia with Kim in Day Room</p>	 <p><u>1.45pm</u> – Bingo with Jeanette H in New Lounge</p>	<u>TV in Lounge</u>
Wed 23 rd Oct	<p><u>10:30am</u> – Seated Yoga with Jeanette in New Lounge</p> 	 <p><u>1.45pm</u> – Celebrating a legend Elton John with Jeanette with Karaoke in New Lounge</p> <p><u>3.45pm</u> – Jack Hazeldine in New Lounge</p>	<u>TV in Lounge</u>
Thur 24 th Oct	<p><u>10.00am</u> – Rydal in Day Room with June</p>  <p><u>10.30am</u> - Making Pizza with June in Day Room</p>	 <p><u>1.45pm</u> – Making Christmas Cards in Day Room with June</p>	<u>TV in Lounge</u>
Fri 25 th Oct	<p><u>Cheese Toastie Day</u></p>  <p><u>10.45am</u> – Exercises with Jackie in Day Room</p>	 <p><u>1.45pm</u> – Make Toasties with Cristina and Amy for Afternoon Tea</p>	<u>TV in Lounge</u>
Sat 26 th Oct		 <p><u>1.45pm</u> Quiz with Kris in New Lounge</p>	<u>TV in Lounge</u>
Sun 27 th Oct	<p><u>10.00am</u> – Hymns with Alexa in Day Room</p>	 <p><u>1.45pm</u> – Hangman with Lisa 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 Two

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>LUNCH</i>	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Ploughman's Salad, and Crusty Bread	Fish Pie, Peas & Sweetcorn	Cottage Pie, Broccoli, Carrots & Green Beans	Sweet & Sour Chicken, Rice, Peas, and Sweetcorn	Cod Goujons, Chips, Peas & Tomato & salad garnish	Lasagne, Garlic Bread, Peas, and Salad	Roast Chicken, New Potatoes, Carrots, Swede & Cabbage
Banana Split	Rice Pudding with Fruit Compote / Jam	Gooseberry Crumble & Custard	Stewed Apple & Ice Cream	Fruit Salad	Pineapple Upside Down Sponge & Custard	Trifle
<i>SUPPER</i>	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
Loaded potato skins, Beans and Bacon	Cheese/Ham Salad	Sardines on toast	Pizza, Salad & Coleslaw	Bacon Sandwiches	Sausage rolls & baked beans	Mixed Sandwiches & Crisps
Pear with Raspberry Coulis	Fruit & Jelly	Chocolate Ice lollies	Yoghurt	Strawberries & Cream	Fruit Fool	Mandarins & Cream

Please advise the team if you have any food allergies