**Winash Activities – 22nd September – 28th September 2025**

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|  | **Morning** | **Afternoon** | **Evening** |
| **Mon**  **22nd**  **Sept** | **10:00am – Hairdresser**  12+ Thousand Beauty Salon Clipart Royalty-Free Images, Stock Photos &  Pictures | Shutterstock  **10:45am – 1:1 with Jackie** | Free clip art "Origami Crane" by Tavin**2:00pm – Origami with Amy MT (In the Day Room)** | **TV in Lounge** |
| **Tues**  **23rd**  **Sept** | 3,000+ Fruitcake Stock Illustrations ...**10:00am – Making fruit cake for Macmillan Coffee Morning with Jeanette D**  **(In the Day Room)** | Free Vectors | boccia ball illustration**2:00pm – Boccia with Jasmine (In the Day Room)** | **TV in Lounge** |
| **Weds**  **24th**  **Sept** | Baking Clip Art Royalty-Free Images ...**10:30am – Making cupcakes with Georgia (In the Day Room)** | **1:45pm – Baking cakes with Georgia (In the Day Room)**  **3:45pm – Jack Hazeldine**  **(In the Garfield Lounge)** | **TV in Lounge** |
| **Thurs 25th Sept** | Macmillan Coffee Mornings ...**10:00am – Macmillan Coffee + Cake Morning with Jeanette**  **(In the Dining Room)** | **1:45pm– Jewellery making with Jeanette**  Jewelry Making Stock Illustrations ...**(in the Day Room)** | **TV in Lounge** |
| **Fri 26th Sept** | **Physical Fitness Physical Exercise Clip Art - Fitness Woman Cartoon -  (1500x1500) Png Clipart Download10:45am – Exercises with Jackie** | Fingernail, High Resolution Nail Polish ...**2:00pm – Nails with Jasmine & Amy (In the Day Room)** | **TV in Lounge** |
| **Sat**  **27th Sept** | **FREE TIME** | **2:00pm – Hangman with Lisa (in the Day Room)** | **TV in Lounge** |
| **Sun**  **28th Sept** | **10.00am –**  **Hymns with**  **Alexa in Day Room** | 3,000+ Pop Quiz Stock Illustrations ...**2:00pm –**  **Quiz with Caroline**  **(In the Day Room)** |  |

**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.**

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| **Summer Menu 2025 - Week Four** | | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| LUNCH    Turkey & Ham Pie in a cheese sauce, Mash, Green Beans, Sweetcorn      Chocolate Sponge & Chocolate Sauce | LUNCH    BBQ Chicken, Mushrooms, Peas & Chips        Stewed apple & cream | LUNCH    Quiche, New Potatoes with Salad        Fruit Salad & Yoghurt | LUNCH    Chicken casserole, Boiled potatoes, broccoli & carrots    Banana  Custard | LUNCH    Scampi, Chips, Peas & Tomato & salad garnish    Apple & Pear Crumble with Ice Cream | LUNCH    Corned Beef Hash, Cauliflower, Cabbage & Carrot       Syrup Sponge & Custard | LUNCH    Roast Pork, Roast Potatoes,  Mash, Leeks,  Carrots, Peas     Trifle |
| SUPPER    Tomato/ Soup of the day    Vegetarian and lentil curry with rice          Cheesecake | SUPPER    Tomato/ Soup of the day      Salmon Salad          Fruit Jelly | SUPPER    Tomato/ Soup of the day      Beans on Toast          Mousse | SUPPER    Tomato/ Soup of the day     Loaded  Potato Skins with Cheese and Prawns      Yoghurt | SUPPER    Tomato/ Soup of the day     Pate on Toast          Strawberries & Cream | SUPPER    Tomato/ Soup of the day      Fish fingers & wedges with side salad      Fruit Fool | SUPPER    Tomato/ Soup of the day     Mixed  Sandwiches & Crisps      Stewed Plums & cream |