













Winash Activities – 29th September – 5th October

	Morning	Afternoon	Evening
Mon 29 th Sept	<u>10:00am</u> – Hairdresser <u>10:45am</u> – 1:1 with Jackie 	<u>2:00pm</u> – Residents meeting with Emma (In the Day Room) 	<u>TV in Lounge</u>
Tues 30 th Sept	<u>10:45am</u> – Boccia with Kim (In the Day Room) 	<u>2:00pm</u> – Balloon tennis with Lisa (In the Day Room) 	<u>TV in Lounge</u>
Weds 1 st Oct	<u>10:00am</u> – 1:1 walk & collecting leaves & flowers for wreath making with Jeanette 	<u>2:00pm</u> – Wreath making with Jeanette (In the Day Room)  <u>3:45pm</u> – Jack Hazeldine (In the Garfield Lounge)	<u>TV in Lounge</u>
Thurs 2 nd Oct	<u>10:00am</u> – Rydal (In the Day Room) <u>10:30am</u> – Baking flapjacks with Jeanette (In the Day Room) 	<u>1:45pm</u> – Winash band with Jeanette (in the Day Room) 	<u>TV in Lounge</u>
Fri 3 rd Oct	<u>10:45am</u> – Exercises with Jackie 	<u>2:00pm</u> – Quiz with Caroline (In the Day Room) 	<u>TV in Lounge</u>
Sat 4 th Oct	<u>FREE TIME</u>	<u>2:00pm</u> – Bingo with Jeanette (in the Day Room) 	<u>TV in Lounge</u>
Sun 5 th Oct	<u>10.00am</u> – Hymns with Alexa in Day Room	<u>2:00pm</u> – Nails with Jasmine (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.

Summer Menu 2025 - Week One						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chilli con Carne, Rice, Broccoli, Peas & Swede	Beef with Mushrooms, New Potatoes, Carrots, Cauliflower	Quiche, Chips, Salad	Cooked Breakfast	Cod goujons, Chips, Peas & Salad Garnish	Sausage, Mash, Onion Gravy, Carrots & Peas	Roast Beef, Roast Potatoes, Mash, York-shire Pudding, Cabbage, Carrots,
Apple and Blackberry Crumble & Ice Cream	Chocolate Sponge & Mint Custard	Banana & fruit	Banana Custard	Fresh fruit salad	Fruit Kebabs	Stewed apple & Ice Cream
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
Beans on Toast	Fish Fingers and Beans	Chicken Caesar Salad	Pizza & Salad, coleslaw	Tomato pasta & Crusty Bread	Goats Cheese & Beetroot Salad	Mixed Sandwiches & Crisps
Peaches & Cream	Jelly	Mousse	Mandarins & Cream	Strawberries with cream	Yoghurt	Crème Caramel