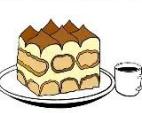


## Winash Activities – 19<sup>th</sup> January

	Morning	Afternoon	Evening
Mon 19th	<b>10:00am – Hairdresser</b>  <b>10:00am – Walks with Amy</b>  <b>10:45 – 1-1 with Jackie</b>	<b>2:00pm- Mary's fellowship group in Winash lounge</b>  <b>2:00pm- colouring in dining room</b>  <b>3:00pm- Hoopla</b>	<u><b>Beavers</b></u> <u><b>6pm- 7pm</b></u>
Tues 20th	 <b>10:00am- coffee and chat. Continue memory book in dining room</b>	<b>2:00pm- Board games in dining room</b> 	<u><b>TV in Lounge</b></u>
Weds 21st	 <b>10:00am– Make tiramisu in dining room</b>	<b>2:00pm- pottery painting in dining room</b> <b>3:45pm – Jack Hazeldine in Garfield lounge</b> 	<u><b>TV in Lounge</b></u>
Thurs 22nd	 <b>10:00am – Rydal with Kim in dining room</b> <b>10:30am – Boccia with Kim</b>	<b>2:00pm- Bingo with Jasmine</b> 	<u><b>TV in Lounge</b></u>
Fri 23rd	 <b>10:00am- 1:1 with Amy</b> <b>10:45am – Exercise with Jackie in dining room</b>	<b>2:00pm- What country have you been to discussion. Scratch off map, in dining room</b>  <b>3:00pm- decorate flags</b>	<u><b>TV in Lounge</b></u>
Sat 24th	<b>10:00am – Shop with Amy</b> <b>10:30am- walks with Amy</b> 	 <b>2:00pm- laughing balloon tennis for global belly laugh day</b>	<u><b>TV in Lounge</b></u>
Sun 25th	<b>10.00am –Hymns with Alexa in Day Room</b> <b>(Burns night!)</b> 	 <b>2:00pm- Scottish quiz with Jasmine in dining room</b> <b>2:45pm- Burn's poem readings</b>	

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.

Winter Menu 2025 - Week 3						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Lunch</u> Sausage, Mash, Peas & Onion Gravy  <u>Dessert</u> Toffee Apple Pudding & Cream	<u>Lunch</u> Lasagne & Toasted Crusty Bread  <u>Dessert</u> Semolina	<u>Lunch</u> Sweet & Sour Chicken with Rice, Peas & Salad Garnish  <u>Dessert</u> Rhubarb Crumble & Cream	<u>Lunch</u> Lamb Casserole, Runner Beans, Courgette & Carrots  <u>Dessert</u> Bread & Butter Pudding with Cream	<u>Lunch</u> Breaded Scampi, Chips, Peas and Tomato  <u>Dessert</u> Apple Strudel & Custard	<u>Lunch</u> Lamb Tagine, Carrots, French Beans & Swiss Chard  <u>Dessert</u> Syrup Sponge & Custard	<u>Lunch</u> Pork, Roast Potatoes, Parsnips, Carrots & Swede  <u>Dessert</u> Fruit, Ice-cream & Sauce
<u>Supper</u> Jacket Potatoes, Salad Garnish  <u>Dessert</u> Crème Caramel	<u>Supper</u> Welsh Rarebit  <u>Dessert</u> Fresh Fruit and Cream	<u>Supper</u> Fishfingers, Wedges & Plum Tomatoes  <u>Dessert</u> Tomato or sweet potato soup	<u>Supper</u> Frittata & Coleslaw  <u>Dessert</u> Bananas & Custard	<u>Supper</u> Bacon Sandwiches Or Tomato or Butternut Squash Soup  <u>Dessert</u> Jelly	<u>Supper</u> Chicken Supreme & Rice  <u>Dessert</u> Tomato or Curry Parsnip Soup  <u>Dessert</u> Trifle	<u>Supper</u> Sarnies  <u>Dessert</u> Tomato or Mushroom Soup  <u>Dessert</u> Stewed Plums & Custard