

Winash Activities – 26th January

	Morning	Afternoon	Evening
Mon 26th	10:00am – Hairdresser  10:00am – Walks with Amy  10:45 – 1-1 with Jackie	2:00pm- Mary's fellowship group in Winash lounge  2:00pm- colouring in dining room  3:00pm- Hoopla	<u>TV in Lounge</u>
Tues 27th	10:00am- Which countries have you been to?  Scratch off map and discussion	2:00pm- Board games in dining room 	<u>TV in Lounge</u>
Weds 28th	10:00am– Make tiramisu in dining room 	2:00pm- pottery painting in dining room 3:45pm – Jack Hazeldine in Garfield lounge 	<u>TV in Lounge</u>
Thurs 29th	 10:00am – Rydal with Kim in dining room 10:30am – Boccia in dining room	2:00pm- Balloon Tennis  3:00pm Poetry	<u>TV in Lounge</u>
Fri 30th	10:00am – Coffee and Chat. Continue Memory Book.  10:45am – Exercise with Jackie in dining room  11:00am- Walks with Amy	1:45pm – Make Croissants for National Day  3:00pm- High Tea with Croissants	<u>TV in Lounge</u>
Sat 31st	Hot Chocolate Day! 	2:00pm- Wordwheel with Amy 	<u>TV in Lounge</u>
Sun 1st	10.00am –Hymns with Alexa in Day Room 	 2:00pm- Quiz with Lisa	

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 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Lunch</u> Salmon, Potatoes, Sweetcorn, Broccoli, & Cauliflower <u>Dessert</u> Chocolate Sponge & Chocolate Sauce	<u>Lunch</u> Chicken in White Wine Sauce, Sweetcorn & Leek <u>Dessert</u> Fruit Salad	<u>Lunch</u> Minted Lamb, Green Beans, Carrots, Cabbage <u>Dessert</u> Fruit Crumble	<u>Lunch</u> Cottage Pie, Sprouts, Leeks, & Carrots <u>Dessert</u> Bananas & Custard	<u>Lunch</u> Cod Goujons, Chips, Peas and Tomato <u>Dessert</u> Stew Fruit & Ice Cream	<u>Lunch</u> Chicken Chasseur, Broccoli, Cauliflower <u>Dessert</u> Rice Pudding	<u>Lunch</u> Beef, Yorkshire Pudding, Roast Potatoes, Swede, Parsnips & Cabbage <u>Dessert</u> Fruit, Ice-cream & Sauce
<u>Supper</u> Bubble & Squeak, Bacon and Baked Beans Or Tomato or Vegetable soup <u>Dessert</u> Crème Caramel	<u>Supper</u> French Stick Cauliflower Cheese & Peas Or Tomato or Broccoli & Stilton Soup <u>Dessert</u> Fruit and Cream	<u>Supper</u> Spaghetti on Toast Or Tomato or sweet potato soup <u>Dessert</u> Mousse	<u>Supper</u> Jacket Potatoes & Garnish Or Tomato or Leek & Potato Soup <u>Dessert</u> Poached Pears in Red Wine & Spice with Cream	<u>Supper</u> Pizza & Coleslaw Or Tomato or Mine-strone Soup <u>Dessert</u> Fruit & Jelly	<u>Supper</u> Mushrooms on Toast Or Tomato or Celeriac Soup <u>Dessert</u> Cheesecake	<u>Supper</u> Sarnies Or Tomato or Mushroom Soup <u>Dessert</u> Stewed Apples & Custard