

Winash Activities – 3rd August

	Morning	Afternoon	Evening
Mon 3rd	 10:00am- Hairdresser in Winash lounge  10:45am- 1:1 with Jackie and Amy	 2:00pm- Mary's fellowship in Winash lounge	<u>TV in Lounge</u>
National Cookie Day! Tues 4th	10:00am - Make Various Cookies	2:00pm- Cookies and Milk Discussion about Clouded Leopards	<u>TV in Lounge</u>
Weds 5th	10:00am- Make Kebab Sticks 11:00am – Decorate Display Table – Summer Vibes	2:00pm – Afternoon Tea in the Park 	<u>TV in Lounge</u>
Thurs 6th	 10:00am- Rydal in dining room 11:00am- Boccia and Ring Toss in dining room 	2:00pm- Memorial Service for Kathleen Stafford 3:00pm- Classic Sing A Long with Mary	<u>TV in Lounge</u>
Fri 7th	 10:45am- Exercise with Jackie in dining room 11:00- 1:1 with Amy	1:45 – Laughing Yoga 	6:15pm Grease film – Lounge <u>TV in Lounge</u>
Sat 8th	9.45am – Winash Shop  10:00am - Walks	1:45pm - Outdoor games,   hook a duck, tin cans, bean bag toss.	<u>TV in Lounge</u>
Sun 9th	10:30am –Hymns with Mary in Day Room 	2pm - Quiz with Jasmine	

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.

Meal Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Mexican fajita bowls, guacamole, sour cream, salad	BBQ chicken & wedges, tomato salad	Cold Meat salad with new potatoes & salad	Greek meatballs & couscous with beetroot & feta salad	Fish & chips with mushy peas and curry sauce	Ploughman's with salad & pickles	Roast beef, Yorkshire pudding, roast potatoes, carrots, broccoli
Lunch Dessert	Mango yoghurt	Apple & berry crumble with custard	Fruit salad & yoghurt	Orange sponge pudding	Lemon meringue pie	Cherry & almond Cake with cream	Rhubarb crumble & custard
Afternoon Tea	Homemade muffins	Fruit loaf	Lemon Drizzle cake	Scones with jam	Tea cake	Fruit kebabs	Victoria sponge
Supper Soup	Tomato or Mushroom soup	Tomato or Minestrone Soup	Tomato or Watercress soup	Tomato or Spring vegetable soup	Tomato or Pea & Ham soup	Tomato or Carrot & coriander soup	Tomato or Butternut squash soup
Supper Main	Tuna pasta salad or Sandwiches	Chicken couscous or Sandwiches	Quiche & rice salad or Sandwiches	Pinwheels with baked beans or Sandwiches	Beans on toast or Sandwiches	Jacket potatoes with prawns / baked beans & cheese, salad garnish, or Sandwiches	Assorted Sandwiches & crisps
Supper Dessert	Strawberries & cream	Chocolate mousse	Raspberry fool	Rice pudding	Banana custard	Jelly & ice cream	Peaches & cream