

Winash Activities – 17th August

	Morning	Afternoon	Evening
Mon 17th	 10:00am- Hairdresser in Winash lounge 10:00am- 1:1 with Amy 10:45am- 1:1 with Jackie 	 2:00pm- Mary's fellowship in Winash lounge 3:00pm- Board games in dining room 	<u>TV in Lounge</u>
Tues 18th	 10:00am- Make beach collages in dining room 10:30- DD's footcare in Garfield longe 	 2:00pm- Band with Mary in dining room 3:00pm- Summer crossword in dining room 	<u>TV in Lounge</u>
Photography day Weds 19th	 10:00am- coffee morning, bring any photos you have down to the dining room and have a chat	2:00pm- Make photo frames in dining room 	<u>TV in Lounge</u>
Thurs 20th	11:00am- Balloon tennis in dining room with Kim 	2:00pm- Origami with Rachel in dining room 	<u>TV in Lounge</u>
World senior citizen day Fri 21st	 10:00am- What is your advice to the younger generation? Write it on a whiteboard and have a photo taken in dining room 10:45am- Exercise with Jackie in dining room 	2:00pm- Trivia quiz in Winash lounge on the big screen 	<u>TV in Lounge</u>
Sat 22nd	 10:00am- Shop with Amy 10:30am- walks with Amy 	2:00pm- Bingo in dining room with Sarah 	<u>TV in Lounge</u>
Joan H Birthday Sun 23rd	10:30am– Hymns with Mary in dining room 	2:00pm- High tea for Joan H in dining 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.

Meal Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Salmon, Sautéed new Potatoes, Sweetcorn, Broccoli & Lemon	Spaghetti bolognese, cherry tomatoes and fine beans	Gammon, pineapple, egg, peas & chips	Quorn curry, rice, peas, carrots, mango chutney, poppadoms and naan bread	Fish & chips with mushy peas and curry sauce	Sausage mash, Peas & carrots	Roast lamb, roasted potatoes, spring greens, carrots
Dessert	Peach Melba	Ice cream, blueberries & cream	Pineapple & cream	Bread & butter pudding	Fresh fruit salad and evaporated milk	Raspberry Cheesecake	Strawberry crumble with cream
Afternoon Tea	Fruit scones	Flapjack	Fruit cake	Rocky road	Malt loaf	Biscuits	Lemon drizzle slice
Supper	Tomato Soup Or Mushroom soup	Tomato Soup Or Minestrone Soup	Tomato Soup Or Watercress soup	Tomato Soup Or Spring vegetable soup	Tomato Soup Or Pea & Ham soup	Tomato Soup Or Carrot & coriander soup	Tomato Soup Or Butternut squash soup
Main	Pesto pasta Or Sandwiches	Sardines on toast or Sandwiches	Potato skins with baked beans and grated cheese w side salad or Sandwiches	Corned beef hash with baked beans Or Sandwiches	Hot dogs or Sandwiches	Tomato pasta or Sandwiches	Sandwiches & crisps
	Shortbread with strawberries & cream	Lemon Cheesecake	Poached pears in red wine with spice and cream	Trifle	Chocolate mousse	Summer berry fool	Fruit jelly