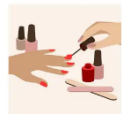


Winash Activities – 31st August

	Morning	Afternoon	Evening
Zoo awareness day! Mon 31st Bank holiday!	 10:00am- Facts and information on Zoos in dining room with Rachel  10:45am- Walks with Jackie 11:00am- Walks with staff	 2:00pm- Mary's fellowship in Winash lounge	<u>TV in Lounge</u>
Tues 1st	 10:00am- Hairdresser in Winash lounge  10:00am- 1:1 with Amy	 2:00pm- Watch next episode of David Attenborough's Africa in Winash lounge 2:00pm- 1:1 with Amy	<u>TV in Lounge</u>
Coconut Day! Weds 2nd	 10:00am- Coconut bowling in dining room  10:45am- Exercise with Jackie (she's off Friday)	1:45pm- Make coconut macaroons in dining room 	<u>TV in Lounge</u>
Thurs 3rd	 10:00am- Rydal in dining room with Rachel 11:00am- Boccia with Kim 	2:00pm- Band with Mary in dining room 	<u>TV in Lounge</u>
Fri 4th	10:00am- Walks with Lisa and Rachel 	2:00pm- Nails & chatter with Rachel and Sarah in dining room 	<u>TV in Lounge</u>
Sat 5th	 10:00am- shop with June <u>Free time</u>	2:00pm- Bingo in dining room with Sarah 	<u>TV in Lounge</u>
Sun 6th	10:30am- Hymns with Mary in dining room	2:00pm- Wordwheel in dining room with Michelle 	

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, roast, Yorkshire pudding potatoes, carrots, broccoli
	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	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	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 with salad garnish or Sandwiches	Assorted Sandwiches & crisps
	Strawberries & cream	Chocolate mousse	Raspberry fool	Rice pudding	Banana custard	Jelly & ice cream	Peaches & cream