

Winash Activities – 7th September

	Morning	Afternoon	Evening
Grand-parents Day! Mon 7th	 10:00am- Hairdresser in Winash lounge  10:00am- 1:1 with Amy 10:45am- 1:1 with Jackie	 2:00pm- Board games in dining room 3:00pm- Firework art in dining room 	<u>TV in Lounge</u>
Literacy Day! Tues 8th	 9:30am- DD's footcare in Garfield lounge  10:00am- Read the local newspaper  10:30am- wordsearch and crossword club	 1:45pm- singing at the community centre with Amy 2:00pm- Discussion on your childhood books with Sarah 	<u>TV in Lounge</u>
Emergency services Day! Weds 9th	 10:00am- Coffee and thanks to our emergency services chatter on how they have helped you	 1:45pm- Residents meeting in dining room with Amy  2:45pm- Balloon tennis in dining room  3:45pm- Jack Hazeldine in Garfield lounge	<u>TV in Lounge</u>
Thurs 10th	 10:00am- Rydal in dining room 10:30am- Walks with Amy weather permitting 	2:00pm- Boccia in dining room   3:00pm- Baptist church in dining room	<u>TV in Lounge</u>
Barbara's Birthday! Fri 11th	 10:00am- Flower arranging in dining room  10:45am- Exercise with Jackie in dining room	2:00pm- High tea for Barbara in dining room 	<u>TV in Lounge</u>
Sat 12th	 10:00am- mystery object and memory box in dining room  10:45am- Trivia quiz in dining room	2:00pm- Amy's craft afternoon in dining room 	<u>TV in Lounge</u>
Sun 13th	 10:00am –Hymns with Alexa in dining room	 2:00pm- Lisa's surprise activity 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	Cornish pasty, new potatoes, peas & sweetcorn	Sweet & sour chicken, Rice, peas & sweetcorn	Salmon, Asparagus, cauliflower cheese, peas	Chicken supreme, new potatoes, runner beans, peas, chanteray carrots	Scampi & chips with tomatoes & peas	Lasagne, salad, crispy bread	Roast chicken, Roast potatoes, Courgettes, Broccoli
Dessert	Chocolate sponge & custard	Pineapple sponge & cream	Lemon mousse	Apple & Raspberry pie & cream	Trifle	Banoffee pie	Sticky toffee pudding & ice cream
Afternoon Tea	Shortbread	Fruit scones	Tea loaf	Butter biscuits	Fruit cake	Cheese scones	Chocolate Muffins
Supper	Tomato Soup Or Broccoli & stilton Soup	Tomato Soup Or Thai sweet potato soup	Tomato Soup Or Bean soup	Tomato Soup Or Asparagus Soup	Tomato Soup Or Thai noodle soup	Tomato Soup Or Chicken soup	Tomato Soup Or Spring vegetable soup
Main	Ham & Egg salad or Sandwiches	Pizza with garnish or Sandwiches	Mushrooms on toast or Sandwiches	Sausage rolls, baked beans or Sandwiches	Coronation chicken with salad or Sandwiches	Baked beans on toast or Sandwiches	Assorted Sandwiches & crisps
Dessert	Eton Mess	Fruit fool	Custard tart	Brownie with cream	Ice cream sundae	Jam sponge with coconut on top	Fruit salad with evaporated milk

