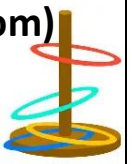
Winash Activities – Monday 2nd. November – Sunday 8th November

	Morning	Afternoon	Evening
Mon 2nd Nov	10:00 am – Hairdresser 10:00 am- 1:1 walks with Amy 10:45 am – 1:1 with Jackie	2:00 pm- Hoopla (day room)  2:00 pm– Mary's fellowship in Winash lounge	TV in Lounge
Tues 3rd Nov	10:00 am – Boccia in day room 	2:00 pm – Make decorations for Remembrance Day 	TV in Lounge
Weds 4th Nov	10:00 am – make cupcakes in day room 11:00 – Residents Christmas Meeting	2:00 pm – Make Poppies for Remembrance Day 	TV in Lounge
Thurs 5th Nov	10:00 am – Rydal in day room 10:30 am - Christmas Party Prep 	2:00 pm – Make Props for Christmas Party 6pm Bonfire Party in back garden – weather permitting	TV in Lounge
Fri 6th Nov	10.00am – 1 to 1 10:45 am - Exercises with Jackie in day room 	2:00 pm – Hand massages with in in day room 3:00pm – Wordwheel	TV in Lounge
Sat 7th Nov	10:30 am- Winash shop with June FREE TIME	2:00 pm – Quiz with in day room 	TV in Lounge
Sun 8th Nov	10.00am – Hymns with Alexa in Day Room	2:00 pm – Bingo in day room 	

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
	Eton Mess	Fruit fool	Custard tart	Brownie with cream	Ice cream sundae	Jam sponge with coconut on top	Fruit salad with evaporated milk