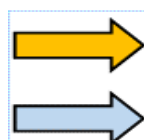


# MONTHLY SOCIAL AND WELLBEING PROGRAMME



Our dedicated Social and Wellbeing Manager will spend time getting to know you, your likes & dislikes and your personal wishes so that we can develop a programme that focuses on all aspects of your health and wellbeing. Our activities range from one-to-one sessions, outings to places of special interest and group events such as musical sessions or activities of a more physical nature to help encourage a balanced and healthy lifestyle at Margaret House.

w/c 1st	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available all morning	Calming Colouring with Barley School	Music and Movement	Time to talk to each other	Garden Explore & Walks	Baking with Lea-Ann in the kitchen	Sherry and Socialise
PM	Working Men's' Club	Gardening Club & birthday party	Refreshments in the Garden	Chair exercise session	Musical memories for all	Sweepstake & Grand National	Movie Matinee afternoon
w/c 8th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available all morning	Sing a long with Jim	Trip to visit shops in Royston	Jigsaw puzzles & other board games	Art with Shannon -	Snakes & Ladders & other board games	Sherry and Socialise
PM	Working Men's' Club	Gardening Club -	Guess that sound	Chair exercise session	Dominoes & other games	Movie Matinee afternoon	Discuss whats happened this week
w/c 15th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available all morning	Easter crafts workshop	Magic Table Morning	Time to talk one-2-one -	Easter crafts workshop	Easter Show	Sherry and Socialise
PM	Working Men's' Club	Gardening Club -	Movie Matinee afternoon	Chair exercise session	Time to talk to each other	Baking with Lea-Ann in the kitchen	Movie Matinee afternoon
w/c 22nd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Time to talk to each other	Music & Movement with Marilyn	Trip to visit Garden Centre	Communion and Nail Bar	Walk at Royston Heath	Board games & Birthday party	Sherry and Socialise
PM	Working Men's' Club	Gardening Club & Outing with Lea-Ann	Angies Quiz Afternoon	Chair exercise session & surprise party	Cheese and wine Afternoon	Movie Matinee Afternoon	Discuss whats happened this week
w/c 29th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available all morning	Activities with Shannon					
PM	Working Men's' Club	Gardening Club -					



**Mental Wellbeing**

**Social Wellbeing**

**Physical Wellbeing**

