

MONTHLY SOCIAL AND WELLBEING PROGRAMME

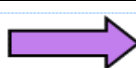


Our dedicated Social and Wellbeing Manager will spend time getting to know you, your likes & dislikes and your personal wishes so that we can develop a programme that focuses on all aspects of your health and wellbeing. Our activities range from one-to-one sessions, outings to places of special interest 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							Sherry and Socialise
PM							Discuss the Week
w/c 2th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available.	Activities with Shannon	Visit Royston Market	Ladies Lunch at Dobbies PH residents	Games Morning	Calming Colouring	Sherry and Socialise
PM	Classical Music Afternoon	Mollie Birthday	Refreshments in the Garden	Chair Exercise session 3.30pm MH	Word Games with Angie MH 2pm	Movie Matinee or Music	Discuss the Week
w/c 9th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available. Memory Café Royston	Sing Along Jim 11am MH	Nail bar is Open	Kiddley Divey PH 11.30am & Stepping Out Carers	Spanish Morning	Time to talk to each other	Sherry and Socialise
PM	Time to talk one-2-one	Garden Time & Barley Sch Children Visit	Refreshments in the Garden	Chair Exercise session 3.30pm MH	Taste Of Spain 2.30pm MH	Refreshments in the Garden	Movie Matinee or Music
w/c 16th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available all morning	Painting Flowers PH	Open Magic Morning 10.30 PH	Gentleman to Duxford	Activities with Shannon	Activities with Lea-Ann	Sherry and Socialise
PM	Time to talk to each other	Garden Time & Barley Sch Children Visit	Afternoon Walk around Barley	Chair Exercise session 3.30pm MH	Current Affairs with Angie MH 2pm	Movie Matinee or Music	Discuss the Week
w/c 23th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available all morning	Music Lady 11am MH	Memory Games with Shannon	Communion 11am PH & School Children	Bingo at PH 11.30am	Time to talk to each other	Sherry and Socialise
PM	Classical Music Afternoon	Time to talk to each other	Fox & Hounds Pub 2.30pm PH Residents	Chair Exercise session 3.30pm MH	Clothes Sale 2.30pm Everything under £20	Refreshments in the Garden	Quiz Time with Angie



Mental Wellbeing



Social Wellbeing



Physical Wellbeing

