

MONTHLY SOCIAL AND WELLBEING PRORAMME



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		Activities with Shannon	Nail Bar is Open	Air Ambulance Fundraising in Royston	Activities with Shannon	Time to talk to each other	Sherry and Socialise
PM		Happy Birthday John B	Movie Matinee or Music	Chair Exercise session 3.30pm MH	Classical Music Afternoon	Movie Matinee or Music	Discuss the Week
w/c 7th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available.	Ukulele Group PH 11.00am	Activities with Shannon	Kiddley Divey PH 11.30am	Music & Movement with Lea-Ann	Time to talk to each other	Sherry and Socialise
PM	Classical Music Afternoon	Games Afternoon	Afternoon Tea and time to chat	Chair Exercise session 3.30pm MH	Cheese & Wine Evening MH	Dementia Friends Café 2.30pm Melbourn	Discuss the Week
w/c 14th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available. Memory Café Royston	National Baking Week	Open Magic Morning 10.30 PH	Liz Saxophonist 11.00am MH	Word Games in PH with Shannon	Baking With Lea-Ann	Sherry and Socialise
PM	Time to talk one-2-one	Happy Birthday Margaret C	Happy Birthday Freda	Chair Exercise session. Happy Birthday Shelia	Classical Music Afternoon	Time to talk to each other	Movie Matinee or Music
w/c 21st	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available all morning	Ladies Lunch	Our Trees Of Joy	Communion 11am PH & School Children	Activities with Shannon	Time to talk to each other	Sherry and Socialise
PM	Time to talk to each other	Garden Time & Barley Sch Children Visit	Movie Matinee or Music	Chair Exercise session 3.30pm MH	Quiz Afternoon MH	Movie Matinee or Music	Discuss the Week
w/c 28th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available all morning	Music Lady 11am MH	Halloween Crafts	Happy Halloween			
PM	Classical Music Afternoon	Time to talk to each other	Happy Birthday Fran	Chair Exercise session 3.30pm MH			

