

MONTHLY SOCIAL AND WELLBEING PROGRAMME - NOV



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	Time to talk to each other	Sherry and Socialise
PM					Group Crossword Puzzle	Movie Matinee or Music	Musical Movie
w/c 4th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available.	Sing Along Jim MH	Poppy Crafts	Joe Rose at PH	Poppy Crafts	Games Morning	Sherry and Socialise
PM	Classical Music Afternoon	Guy Fawkes Quiz	Scrabble or Dominoes	Chair Exercise session 3.30pm MH	Happy 90th Birthday Peter	Movie Matinee or Music	Discuss the Week
w/c 11th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available. Memory Café Royston	Baking with Shannon	Open Magic Morning 10.30 PH	Kiddley Divey PH 11.30am	Activities with Shannon	Dementia Friend Café at Melbourn 2.30pm	Sherry and Socialise
PM	Time to talk one-2-one	Barley Sch Children Visit	Word Soup	Chair Exercise session 3.30pm MH	Group Crossword Puzzle	Time to talk to each other	Musical Movie
w/c 18th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available all morning	Liz Performing at MH 11.00	Open Magic Morning 10.30 PH	Scrabble or Dominoes	Residents Meeting MH & PH	Games Morning	Sherry and Socialise
PM	Time to talk to each other	Barley Sch Children Visit	Movie Matinee or Music	Chair Exercise session 3.30pm MH	Quiz Afternoon MH	Movie Matinee or Music	Bingo with carers MH
w/c 25th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available all morning	Music Lady 11am PH	Scrabble or Dominoes	Communion 11am PH & School Children	Sssshhh it's a secret		
PM	Classical Music Afternoon	Chair Exercise session 3.30pm MH	Movie Matinee or Music	CHRISTMAS Market 2PM AT MH	Bingo with carers PH		

