



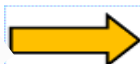
# MONTHLY SOCIAL AND WELLBEING PRORAMME - DEC



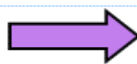
Our dedicated Social and Wellbeing Manager will spend time getting to know you, your likes & dislikes and your personal wishes so that we can develop a programme that focuses on all aspects of your health and wellbeing. Our activities range from one-to-one sessions, outings to places of special interest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



w/c 2nd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM 	Hairdressers available.	Christmas Decorations PH	Christmas Crafts PH	Christmas Crafts PH	Managers Elf Day Entertainment MH 11.00am	Time to talk to each other	Sherry and Socialise
PM 	Christmas Decorations PH	Christmas Decorations PH	Musical Quiz	Chair Exercise session 3.30pm Happy Birthday Enid N	Bowling or Hoopla in MH	Movie Matinee	Musical Movie
w/c 9th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM 	Hairdressers available. Rotary Memory Cafe	Making Mince Pies with Karen PH Café	Christmas Wrapping & Shopping with Lea-Ann	Kiddley Divey PH 11.30am	Christmas Jumper Day for all	Dementia Friend Café at Melbourn 2.30pm	Sherry and Socialise
PM 	Classical Music Afternoon	Royston Ukulele 3pm PH	Happy Birthday Patrick	Chair Exercise 3.30pm MH	PANTO for all PH 2pm	Movie Matinee or Music	Discuss the Week
w/c 16th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM 	Hairdressers available.	King James Academy singing Coffee Morning	Open Christmas Magic Morning 10.30 PH	Christmas Communion Service 11.15am PH	Christmas Bingo 11am with Snacks	Time to talk to each other	Christmas Party Day Everyone Welcome
PM 	Time to talk one-2-one	Barley Barkway School Carol Service	Music Lady 2.30pm PH	Chair Exercise session 3.30pm Happy Birthday Peggy	Christmas Word Scramble	Movie Matinee or Music	Party 2pm PH 3.30pm MH Entertainment & Buffet
w/c 23th	MONDAY	Christmas Eve	Christmas Day	Boxing Day	FRIDAY	SATURDAY	SUNDAY
AM 	Hairdressers available all morning	Nail Bar open Christmas Nails	We Wish You a Merry Christmas	Boxing Day Peaceful Morning	Games Morning	Time to talk to each other	Sherry and Socialise
PM 	Time to talk to each other	Christmas Movie	Eat, Drink & Be Merry	Movies & Chocolate for all	Classical Music Afternoon	Movie Matinee or Music	Discuss the Week
w/c 30th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM 	Hairdressers available all morning	2020 Planning & Nail Bar is Open	NEW YEARS DAY 2020	HAPPY	NEW	YEAR	
PM 	Classical Music Afternoon	New Years Eve Party 3pm					



Mental Wellbeing



Social Wellbeing



Physical Wellbeing



