

# MONTHLY SOCIAL AND WELLBEING PRORAMME - JAN



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			<b>NEW YEARS DAY 2020 Happy New Year</b>	2020 Wishes with Lea-Ann 1-2-1	Village walks with Melanie	Word Games with Kayleigh 11am PH	Games with Karen 11am PH
PM			Movie Matinee	<b>Dorothy 90th Birthday Tea Party</b> 4.30	Jigsaw puzzle or group crossword	Music or Movie Afternoon	Quiz Time with Karen 2pm MH
w/c 6th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available and Village walks	2020 Wishes with Lea-Ann 1-2-1	Nail Bar is available (Melanie)	<u>Entertainment</u> Kiddley Divey 11.30 at PH	Bowling with Kayleigh	Creative Flowers with Lea-Ann MH	Activities with Melanie
PM	Word Games	Build our Wish Tree	Quiz Time with Karen 2pm MH	Chair Exercise session 3.30pm MH	Calming Colouring	Games with Melanie 2pm PH	Debbie's Movie Matinee 2pm
w/c 13th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available. Memory Café Royston	Residents Meeting 10.30am MH	<u>Entertainment</u> Liz Monroe 11am MH	Coffee Shop with Lea-Ann	Nail Bar is available (Melanie)	Magic Table with Kayleigh	Sunday Sherry & Socialising
PM	Dominoes or Scrabble	Build our Wish Tree	Quiz Time with Karen 2pm MH <b>Happy Birthday Shandy</b>	Chair Exercise session 3.30pm MH	Word Game/Puzzle	Dementia Friends Café Melbourn 2.30pm	Classical Music Afternoon
w/c 20th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available and Village walks	Garden Centre with Lea-Ann	<u>Entertainment</u> Music Lady 'Marliyn' 11am MH	Communion with Ruth PH 11.15am	Nail Bar is available (Melanie)	Baking with Lea-Ann PH	Activities with Melanie
PM	Word Games	Activities with Karen PH 2pm	Quiz Time with Karen 2pm MH	Chair Exercise session 3.30pm MH	Songs of the 60s afternoon	Burns Night Quiz	Debbie's Movie Matinee 2pm
w/c 27th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available and Village walks	Painting with Lea-Ann	Magic Table Available	Activities with Karen	Bingo with Lea-Ann 11am PH		
PM	Dominoes or Scrabble	Activities with Karen PH 2pm	Quiz Time with Karen 2pm MH	Chair Exercise session 3.30pm MH	Word Game/Puzzle		

