

MONTHLY SOCIAL AND WELLBEING PROGRAMME - FEB



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						Games Morning	Sunday Sherry & Socialising
PM						Movie Matinee	Word Games or Calming Colouring
w/c 3rd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available and Village walks	Activities with Karen PH	Nail Bar is open	Trip to Coffee Shop	Walks around Village with Melanie	Flower Arranging at PH	Sunday Sherry & Socialising
PM	Word Games	General Knowledge Quiz PH	Art at Barley School 2pm	Chair Exercise session 3.30pm MH	Dominoes or Scrabble	Concert at Fowlmere Church	Debbie's Movie Matinee 2pm Happy Birthday Rosemary
w/c 10th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available. Memory Café Royston	Create your Valentine Heart	<u>Entertainment</u> Sing Along Jim 11am MH	<u>Entertainment</u> Kiddley Divey 11.30 at PH	Love Is In The Air Happy Valentine's Day	Dominoes or Scrabble	Sunday Sherry & Socialising
PM	Dominoes or Scrabble	Romance Quiz with Karen 2pm MH	Art at Barley School 2pm & Valentine's Poetry MH	Chair Exercise and Royston WI	Love Songs & Chocolate fondue	Dementia Friends Café Melbourn 2.30pm Happy Birthday Enid D	Classical Music Afternoon
w/c 17th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available NEW TAI CHI EXERCISE	Parachute Games in PH	<u>Entertainment</u> Music Lady 'Marliyn' 11am PH	Wish Tree with Lea-Ann	Walks around Village with Melanie	New Entertainer Colin 11am 50's & 60's	Sunday Sherry & Socialising
PM	Happy 90th Birthday Ken D	Quiz Afternoon	Art at Barley School 2pm	Chair Exercise session 3.30pm MH	Word Scamble	Magic Table Open Afternoon Happy Birthday Ann	Debbie's Movie Matinee 2pm
w/c 24th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdressers available and Village walks	Shrove Tuesday Pancake Race at Barley School	Magic Table with Karen	Communion with Ruth - PH 11.15am	Bowling & Hoopla at PH	Activities with Melanie	
PM	Dominoes or Scrabble Happy Birthday Pamela	General Knowledge Quiz	Art at Barley School 2pm	Chair Exercise session 3.30pm MH	Cheese & Wine Evening for all	Movie or Music Afternoon	



