

MONTHLY SOCIAL AND WELLBEING PROGRAMME - March



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 2nd | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|---|--|---|--|---------------------------------|----------------------------------|---|
| AM | Hairdressers available and Village walks | Activities with Lea-Ann | Nail Bar is open | Activities with Karen & Coffee shop Lea-Ann | Games morning PH & MH | Activities with Melanie | Sunday Sherry & Socialising |
| PM | Word Games | Word Book Day Quiz | Art at Barley School 2pm | Chair Exercise session 3.30pm MH | Word Games or Calming Colouring | Activities with Melanie | Movie Matinee 2pm Happy Birthday Gerry |
| w/c 9th | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| AM | Hairdressers available. Memory Café Royston | Garden Activities PH with Karen | Garden Activities MH with Karen | <u>Entertainment</u> Kiddley Divey 11.30 at PH | Nail Bar is open | Dominoes or Scrabble | Sunday Sherry & Socialising |
| PM | Dominoes or Scrabble | Quiz Afternoon | Art at Barley School 2pm | Chair Exercise session 3.30pm MH | Music or Movie Afternoon | Magic Moments Open Event 2pm | Classical Music Afternoon |
| w/c 16th | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| AM | Hairdressers available | St.Patricks Day - with St.Patricks day menu | Entertainment Music Lady 11am PH | Arts and Crafts at PH 11am | Village Walks with Melanie | Flower Arranging & Baking | Sunday Sherry & Socialising |
| PM | Music afternoon | St.Patricks Day Quiz | Art at Barley School 2pm | Chair Exercise session 3.30pm MH Happy Birthday Joyce | Dominoes or Scrabble | Happy 90th Birthday Hazel | Mother's Day Afternoon Tea. Please call to book |
| w/c 23rd | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| AM | Hairdressers available and Village walks | Entertainment Liz Monroe 11am MH | Magic Table with Karen. Waffle Dessert Day | Communion with Ruth - PH 11.15am | Village Walks with Melanie | Magic Table Morning | Sunday Sherry & Socialising |
| PM | Dominoes or Scrabble | General Knowledge Quiz | Art at Barley School 2pm | Chair Exercise session 3.30pm MH | Dominoes or Scrabble | Crossword & Wordsearch Puzzles | Movie Matinee 2pm |
| w/c 30th | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| AM | Hairdressers available and Village walks | Garden Centre with Lea-Ann | | | | | |
| PM | Dominoes or Scrabble | Karen's Quiz at MH | | | | | |



