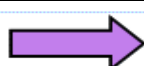
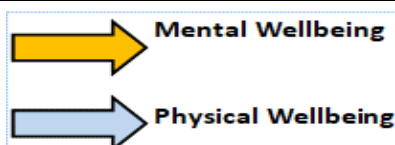


MONTHLY SOCIAL AND WELLBEING PRORAMME - October



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				MH 1-2-1 Karen PH Lea-Ann Autumn Explore	PH Shannon Autumn Leaves Art	Prize Bingo 11.00am PH Lea-Ann	Silver Sunday Music through the decades
PM	<i>Celebrating Autumn....</i>			Autumn Word Games MH Karen PH Lea-Ann	PH Art Continued MH Carers crossword	Movie Matinee PH & MH 2pm	Silver Sunday Prize Bingo 2.30pm MH Dining Room
w/c 5th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	PH - Activities with Lea-Ann	MH Shannon 1-2-1 & PH Karen	PH Nail Bar Mel PH Activities Shannon MH Karen	PH Magic Table - Karen MH Autumn Leaves Art	PH Music & Movement MH Activities Mel	Calming Colouring	Sunday Sherry & Socialising
PM	Scrabble or Dominoes afternoon for all	MH- Nail Bar Shannon PH Karen Word Game	MH Karen's Quiz PH Games Shannon	Happy 80th Birthday Gwyn Gold Party	The Big Crossword Snack Trolley for all	Word Scrabble for all	Movie Afternoon with Crisps/Popcorn MH&PH
w/c 12th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	PH 1-2-1 with Mel	MH Shannon 1- 2-1 & PH Karen	PH Nail Bar Mel PH Activities Shannon MH Karen	PH Games with Karen	MH Activities Mel PH Activities Shannon	PH Magic Table Mel	Sunday Sherry & Socialising
PM	PH Games with Mel	MH- Nail Bar Shannon PH Karen Word Game	MH Karen's Quiz PH Games Shannon	Happy Birthday Margaret Cassel Blue Party	Happy Birthday Freda Ball Pink Party	Calming Colouring and Snack Trolley for all	Scrabble or Dominoes afternoon for all
w/c 19th	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	MH 1-2-1 Mel	PH Conker Fun with Shannon	National Apple Day Apple Desserts & Apple tasting	MH Arts & crafts Lea-Ann	PH Nails with Mel MH Activities with Shannon	Calming Colouring	Sunday Sherry & Socialising
PM	MH Games with Mel	PH Shannon MH Word Games Lea-Ann	PH Mel & Shannon MH Lea-Ann	MH Arts & crafts Lea-Ann	Music from the decades MH & PH	Word Scrabble for all	Movie Afternoon with Crisps/Popcorn MH&PH
w/c 26th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	PH 1-2-1 with Mel	PH Activities with Shannon	PH Music & Movement Mel MH 1-2-1 Shannon	PH Halloween Arts & Crafts Lea-Ann	PH Halloween Baking Mel MH Halloween Art Shannon	Happy Halloween Pumpkin Carving for all	
PM	PH Activities with Melanie	MH Quiz with Lea-Ann	PH Mel Word Games MH Word Games Shannon	PH Halloween Arts & Crafts Lea-Ann	Happy Birthday Fran Take to the skies party	Happy Halloween Pumpkin Carving for all	



Social Wellbeing



