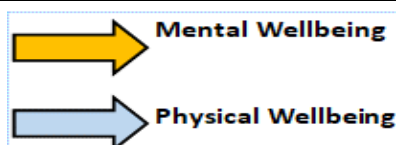


MONTHLY SOCIAL AND WELLBEING PROGRAMME - November



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	PH-Mel Hairdressers	MH Shannon 1-2-1 PH Karen Magic table	PH Shannon- Art MH-Hair & Nails	MH Karen 1-2-1 Guy Fawkes Quiz for all	MH Mel Poppy Art PH Shannon Poppy Art	Calming Colouring	Sunday Sherry & Socialising
PM	Calming Colouring & Hairdressing continued	MH Shannon Word Games PH Word games	MH Music Quiz- Karen PH Games afternoon	Get your coats - Garden walk & explore	Scrabble & Dominoes Afternoon	The Giant Crossword	Remembrance Sunday Happy Birthday Peter
w/c 9th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	PH Activities with Mel	PH Shannon 1-2-1	MH Chair Exercise 11am Lea-Ann PH Parachute Games	PH Prize Bingo 11am Lea-Ann	MH Activities with Shannon PH Activites with Melanie	Create your own Pizza	Sunday Sherry & Socialising
PM	Get your coats - Garden walk & explore	Happy Birthday Margaret S	Word Games for all	MH Prize Bingo 2pm Lea-Ann	MH Shannon Nails PH Mel Nail Bar	Activities with Mel	Movie Afternoon with Crisps/Popcorn MH&PH
w/c 16th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	PH-Hairdresser Activities with Mel	National Bread Day - Bread Roll making	MH Chair Exercise 11am Lea-Ann PH Parachute Games	MH 1-2-1 Karen PH Lea-Ann	Social Coffee Morning for all	The Giant Crossword	Sunday Sherry & Socialising
PM	Hoopla & Bowling with Mel	Grab your coats for Fresh air and garden walks	MH Quiz Time with Karen	Scrabble & Dominoes for all & Lea-Ann snack trolley	Care Awards Evening with refreshments 6pm	Movie Afternoon with Crisps/Popcorn MH&PH	Happy Birthday Elsie
w/c 23rd	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	MH Hairdresser	PH Dance with Lea-Ann MH Karen activities	MH Chair Exercise 11am PH Games Morning	PH Activities with Karen MH 1-2-1 Lea-Ann	MH activities with Mel PH Activites with Shannon	Calming Colouring	Sunday Sherry & Socialising
PM	Activities with Mel	PH Shannon Card Games MH Puzzles with Karen	MH Music Quiz Karen PH Magic Table	Happy Birthday Janice	Games afternoon for all	Word Scrabble for all	Movie Afternoon with Crisps/Popcorn MH&PH
w/c 30th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Activities with Mel		THE	HOLIDAYS	ARE	COMING	
PM	Hoopla & Bowling with Mel		CHRISTMAS	JOY AND FUN	NEXT	MONTH	



Social Wellbeing



