

MONTHLY SOCIAL AND WELLBEING PRORAMME - April



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	Good FRIDAY	SATURDAY	Easter SUNDAY
AM				Easter Colouring PH&MH	Coffee Morning with homemade hot cross buns	Games Morning for all	Happy Easter to all
PM				Zoom Seated Exercise PH 2pm	Music afternoon with Cheese & Wine Supper	2pm Easter Prize Bingo MH	Grab your chocolate eggs - Movie Matinee
w/c 5th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Bank Holiday MONDAY - Socialising morning	HCPA Zoom Exercise MH 11.00	Nail Bar is open with Shannon PH	Activities with Rennie	Garden Exercise & gardening	Activities with Rennie MH	Sunday Church service followed by Sherry & Socialising
PM	Word Game Afternoon	Jukes Entertainment PH 2.30pm	MH Quiz Time 2pm & snack trolley	Zoom Seated Exercise PH 2pm	Garden Exercise & gardening	Scrabble & Dominioes Afternoon with Rennie MH	Afternoon Sing along with Rennie in PH
w/c 12th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	1-2-1 with Melanie at PH	HCPA Zoom Exercise MH 11.00	Create your flower for the Church	Coffee & Crossword Morning	Activities MH Melanie & Activities with Shannon PH	Baking with Lea-Ann MH 11am	Sunday Church service followed by Sherry & Socialising
PM	Garden Exercise & gardening	Jukes Zoom Entertainment PH 2.30pm	Happy Birthday Audrey	Zoom Seated Exercise PH 2pm	Word Wheel Happy Birthday Bessie	Garden Exercise & gardening	Movie Afternoon MH&PH
w/c 19th	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	1-2-1 with Melanie at MH	HCPA Zoom Exercise MH 11.00	Activities MH Shannon Activities with Mel PH	Calming Colouring	St.Georges Day activities & menu	Games Morning for all	Sunday Church service followed by Sherry & Socialising
PM	Scrabble or Dominioes Afternoon with snack trolley	Jukes Zoom Entertainment PH 2.30pm	Quiz afternoon for all with Snack trolley	Zoom Seated Exercise PH 2pm	Music & Quiz afternoon	Entertainment with Rennie 2pm MH	Movie Afternoon with Crisps/Popcorn MH&PH
w/c 26th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdresser available	HCPA Zoom Exercise MH 11.00	Create your flower for the Church	Activities with Rennie	Garden Exercise & gardening		
PM	Cream Tea in the Garden	Jukes Zoom Entertainment PH 2.30pm	Happy Birthday Rhona	Zoom Seated Exercise PH 2pm	Garden Exercise & gardening		



