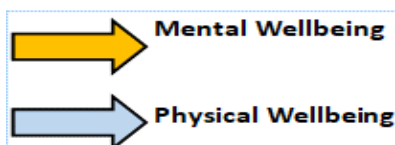


# MONTHLY SOCIAL AND WELLBEING PRORAMME - MAY



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 3rd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Social Coffee Morning & 1-2-1 PH Mel	MH Music & Benderballs PH Garden walks/games	Activities with Mel MH Activities with Shannon PH	Magic Table Morning PH Calming Colouring MH	Garden Explore & Walks for all	Coffee & crossword Morning	Scrabble & Dominoes Morning with Sherry & Nibbles
PM	MH Group crossword PH Word Game <b>Happy Birthday Mrs Hewish</b>	Jukes Entertainment PH 2.30pm MH Garden walks/games	Quiz Games MH Word Wheel Fun PH	Zoom Seated Exercise PH 2pm	Games Afternoon for all	Garden Socialising with refreshments	Musical afternoon for all
w/c 10th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jayne Hairdresser PH	MH Music & Movement PH Garden walks/games	Activities with Mel MH	Activities with Rennie PH	Arts & Crafts for all - Forgot Me Not flowers	Garden Socialising & Gardening	Coffee & crossword Morning
PM	Word Wheel & Coffee & Cakes 3pm	Jukes PH MH Garden games <b>Happy Birthday Mr Hewish</b>	Molly's garden Tea party for all 3pm	Zoom Seated Exercise PH 2pm	Garden Explore & Walks for all	Music Afternoon & Snack trolley available	MovieAfternoon for all with crisps/popcorn
w/c 17th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jayne Hairdresser MH	MH Music & Benderballs PH Garden walks/games	Activities with Mel MH Activities with Shannon PH	Games with Rennie PH Dominoes MH	Garden Explore & Walks for all	Music Entertainment with Rennie PH 11am	Scrabble & Dominoes Morning with Sherry & Nibbles
PM	Crosswords & Scrabble fun for all	Jukes Entertainment PH 2.30pm MH Garden walks/games	Quiz Games MH Word Wheel Fun PH	Zoom Seated Exercise PH 2pm Dementia Hero Awards Evening	<b>Happy Birthday Margaret D 101</b>	Music Entertainment with Rennie MH 2.pm	Garden Socialising with refreshments
w/c 24th	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jayne Hairdresser PH	HCPA Exercise MH 11am Shannon Rennie PH	Activities with Mel MH Activities with Shannon PH	Activities with Rennie PH Activities with Lea Ann MH	Activities with Mel PH Activites with Shannon MH	Garden Socialising & Gardening	Sunday Sherry & Socialising
PM	Garden Socialising with refreshments	Jukes Entertainment PH 2.30pm MH Garden walks/games	Games Afternoon for all	Zoom Seated Exercise PH 2pm	Garden Games Fun for All	<b>Happy Birthday Edna</b>	MovieAfternoon for all with crisps/popcorn
w/c 31st	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Bank Holiday Coffee morning with Pastries						
PM	Scrabble & Dominoes afternoon with snack trolley						



Social Wellbeing



