

# MONTHLY SOCIAL AND WELLBEING PRORAMME - June



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 Music & Benderballs PH Garden walks/games	Activities with Shannon PH Magic table MH Lea-Ann	Music with Rennie at PH	Activities with Shannon MH & Garden walks	Coffee & crossword Morning	Scrabble & Dominoes Morning with Sherry & Nibbles
PM		Jukes Entertainment PH 2.30pm MH Garden walks/games	Guess that Song PH- Word Games MH	Zoom Seated Exercise PH 2pm	Afternoon garden games & refreshments	Magic Table afternoon with Rennie	Musical afternoon for all
w/c 7th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jayne Hairdresser PH	MH Music & Movement PH Garden walks/games	Create Queen's Birthday Display (Arts & Crafts)	Church Service Garden Room MH 11am PH 11.30	Create Queen's Birthday Display (Arts & Crafts)	Queens Official Birthday	Coffee & crossword Morning
PM	Games afternoon for all	Jukes PH MH Garden games	Happy Birthday Lois	Zoom Seated Exercise PH 2pm	Happy Birthday Tish Buffet Tea & Music	Victoria Sponge/Strawberries & Cream and finest Tea	MovieAfternoon for all with crisps/popcorn
w/c 14th	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	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 MH Garden Time	Afternoon garden games & refreshments	Music Entertainment with Rennie MH	Father's Day Pie & Pint Supper
w/c 21st	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jayne Hairdresser PH	Exercise MH 11am Shannon Rennie PH	Start of MH Vacation - France	Games with Rennie PH Dominoes MH	France Display Flags & more	Coffee & crossword Morning	Sunday Sherry & Socialising
PM	Garden Socialising with refreshments	Jukes Entertainment PH 2.30pm MH Garden walks/games	France Landmarks & French facts	Zoom Seated Exercise PH 2pm	Taste of France evening	Happy 90th Birthday Heather M Garden Party	MovieAfternoon for all with crisps/popcorn
w/c 28th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jayne Hairdresser available all day	Exercise MH 11am Shannon Rennie PH	Activities with Mel MH Activities with Shannon PH				
PM	Games afternoon for all	Jukes Entertainment PH 2.30pm MH Garden walks/games	Afternoon garden games & refreshments				



