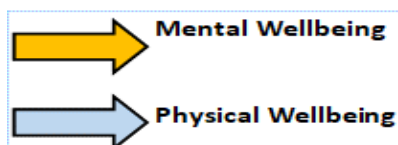


MONTHLY SOCIAL AND WELLBEING PROGRAMME - July



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				Magic Table Morning with Melanie	Walk/Photo to Barley Flower Tower 11- 11.30	The Big Summer crossword	Scrabble & Dominoes Morning with Sherry & Nibbles
PM				Seated Chair Exercise with Irene at PH for all	Happy Birthday Kath	Sports Afternoon - Tennis/Football & snacks	Musical afternoon for all
w/c 5th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Shannon & Rennie Gardening club	Activities with Melanie MH Shannon PH	Church Service - Ruth/Sarah 11am All residents welcome	Art with Shannon MH Games with Mel PH	Flower arranging at MH with Lea-Ann	Coffee & crossword Morning
PM	Puzzle afternoon with snack trolley for all	Games Afternoon for all	Happy Birthday Alan	Seated Chair Exercise with Irene at PH Happy Birthday Shirley	Summer Holiday word Wheel	Afternoon tea served in the garden	Movie Afternoon for all with crisps/popcorn
w/c 12th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Bender Balls with Shannon at MH	Mad Hatters Arts & crafts for all	Welcome back Kiddley Divey Entertainment 11.30 PH	Prize Bingo with Lea-Ann	Magic Table morning for all at PH with Rennie	Puzzle Morning with Sherry & Nibbles
PM	Scrabble or Dominoes	Rennie's Sing Along PH	Mad Hatters Tea Party for all from 2pm	Seated Chair Exercise with Irene at PH for all	Nail Bar is open for all	Word Games for all	Entertainment with Rennie at PH for all
w/c 19th	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Shannon & Rennie Gardening club	Welcome back Music Lady Entertainment 11am PH	Knowledge of Spain & Tour of Spain	Spanish Themed Fun Day	Activities with Melanie	Coffee & crossword Morning
PM	Garden Games for all	Parachute & Ball Games with Shannon	Quiz & Word Puzzle for all	Seated Chair Exercise with Irene at PH for all	Spanish Themed Fun Day	Garden Games with Melanie	Garden Socialising with refreshments
w/c 26th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdresser closed - Activities with Melanie	Sing Along Jim at PH 11am	Activities with Melanie MH Shannon PH	Magic Table Morning for All	Activities with Melanie PH Shannon MH	Calming Colouring	
PM	Puzzle afternoon with snack trolley for all	Happy Birthday Isa	Puzzle afternoon with snack trolley for all	Seated Chair Exercise with Irene at PH for all	Quiz & Word Puzzle for all	Afternoon tea served in the garden	



Social Wellbeing



