

# MONTHLY SOCIAL AND WELLBEING PROGRAMME - August



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	Margaret House Staycation	Village walks & Holiday crosswords	Design your summer holiday camper van	Garden Church Service 11am for all	Live Entertainment 11am at PH for all	Under the sea art	Sunday Sherry & Nibbles
PM	British Seaside	Geoff Jukes Singing at 2.30pm at PH	Irene's Chair Exercise 2pm at PH for all	Magic Table afternoon for all	Happy Birthday Stan	Garden Socialising with refreshments	Holiday Jigsaw afternoon
w/c 9th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Activities with Rennie at PH	Arts & Crafts Beach Huts	Live Entertainment Kiddley Divey 11am at PH	Village Walks & Nail Bar open	Calming Colouring for all	Coffee & crossword Morning
PM	Summer Holiday word games	Geoff Jukes Singing at 2.30pm at PH	Irene's Chair Exercise 2pm at PH for all	Garden Games for all followed by ice creams	Garden Socialising & Nail Bar open	Rennie Garden performance with Afternoon Tea	MovieAfternoon for all with crisps/popcorn
w/c 16th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Village walks	Summer holiday fun	Holiday Fun Garden Games	Activities with Shannon at PH	Mindfulness with Lea-Ann	Puzzle Morning with Sherry & Nibbles
PM	Happy Birthday Doreen	Geoff Jukes Singing at 2.30pm at PH	Pistachio the Pony is coming to see everyone	Holiday snaps & Pimms	Games afternoon & Refreshments in the garden	Calming Colouring & crosswords	Garden Socialising with refreshments
w/c 23rd	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Village walks with Rennie & Shannon	Nail Bar is open for all	Activities with Rennie MH	Activities with Melanie & Shannon	Magic Table Morning with Rennie	Coffee & crossword Morning
PM	Games afternoon & refreshments	Happy Birthday Joan & Sylvia L	Irene's Chair Exercise 2pm at PH for all	Garden Activities with Rennie	Cheese & Wine Supper for all	Musical afternoon	Garden Socialising with refreshments
w/c 30th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day						
PM	Word Games for all						



