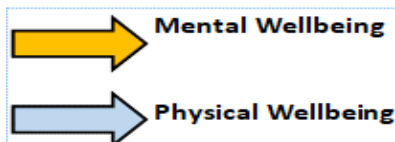


MONTHLY SOCIAL AND WELLBEING PROGRAMME - OCTOBER



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					Activities with Mel at PH Activities with Rennie MH	Baking with Lea-Ann	Sunday walks with Mel followed with Sherry & Nibbles
PM					Quiz Afternoon MH 2pm	Musical Movie Matinee	Word Games at MH with Mel
w/c 4th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Village walks & shop visit	Calming Colouring with Shannon	Nail Bar is open & Church Service at PH 11.00am	Bingo for all MH dining room with snacks	Activities with Rennie PH	Coffee & crossword morning with Rennie
PM	Games Afternoon with Mel	Quiz Afternoon for all PH & MH	Irene's Chair Exercise 2pm at PH for all	LIVE ENTERTAINMENT SING ALONG JIM 2pm PH	Group crossword & games	Activities with Rennie PH	Activities with Rennie MH
w/c 11th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Village walks with Shannon. Rennie Mens Salon	Activities with Mel MH Activities with Shannon PH	LIVE ENTERTAINMENT SING ALONG JIM 11AM PH	Activities with Shannon MH Activities with Mel PH	Celebration Freda 100th Birthday Sing Along with Rennie	Sunday walks with Mel followed with Sherry & Nibbles
PM	Magic Table afternoon for all	Rennie's Quiz afternoon at MH	Irene's Chair Exercise 2pm at PH for all	Card games with Rennie	Happy Birthday Margaret Cassel	Freda's Birthday Tea Party	Scrabble & Dominoes afternoon
w/c 18th	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Autumn walk & explore. Rennie Mens Salon	Trip to the Coffee Shop & Arts & Crafts with Shannon	Live Entertainment - Kiddley Divey Music & Movement	Parachute games & fun at PH	Calming Colouring & crosswords	Sunday Sherry & Nibbles
PM	Games Afternoon with Mel	Calming Colouring & wordsearches	Irene's Chair Exercise 2pm at PH for all	Rennies Quiz afternoon at MH	Happy Birthday Sylvia C	Scrabble & Dominoes afternoon	Musical Movie Matinee
w/c 25th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Music & Movement with Shannon at MH	Residents Meeting with refreshments at MH 10.30am	Live Entertainment Music Lady PH 11am	Halloween Arts & Crafts with Shannon	Pumpkin Carving with Lea-Ann	Morning crossword with Sherry & Nibbles
PM	Movie Matinee	Magic Table afternoon for all	Irene's Chair Exercise 2pm at PH for all	Word Games & Puzzles	Cheese & Wine supper	Happy Birthday Fran	Movie Matinee with snacks



Social Wellbeing



