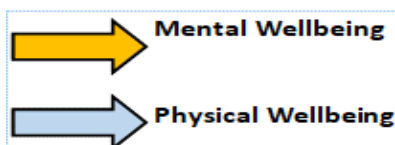


MONTHLY SOCIAL AND WELLBEING PROGRAMME - NOVEMBER



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	Jane - Hairdresser open all day	Village Walks with Shannon	Aqua paints PH & Calming Colouring in MH	Our Church service with Ruth 11am at PH	Village walks with Shannon & Mel	Activities with Rennie PH	Activities with Rennie MH
PM	1-2-1 with Mel	Rennie's Quiz afternoon 2pm	Irene's Chair Exercise 2pm at PH for all	Card & Word games with Rennie MH	Games Afternoon	Disney Movie Matinee	Scrabble & Dominoes Afternoon
w/c 8th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Music & Movement with Shannon	Poppy Art MH & PH with Mel & Shannon	Live Entertainment Kiddley Divey Music & Movement	Bingo 11am at MH for all residents	Calming Colouring & Crosswords	Remembrance Sunday with Sherry & Nibbles
PM	Word Games with Mel Happy Birthday Peter	Magic Table afternoon for all	Irene's Chair Exercise 2pm Happy Birthday Margaret S	Rennie's Quiz afternoon	Scrabble & Dominoes afternoon	Disney Movie Matinee with Popcorn & Crisps	Aqua paints PH Crossword at MH
w/c 15th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Coffee Shop Visit & Village Walks	Live Entertainment Music Lady 11am PH	Nail Bar is open PH Jigsaw Puzzles with Rennie	Disney Characters Colouring	Aqua Paints at MH with Rennie	Sunday Sherry & Nibbles plus Sing Along with Rennie PH 11am
PM	1-2-1 with Lea Ann	Word Games & Puzzle Afternoon	Irene's Chair Exercise 2pm at PH for all	Games afternoon with Rennie	Disney Quiz with snack trolley	Trip to Memory Café - Magician performance	Scrabble & Dominoes afternoon
w/c 22nd	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Live Entertainment Sing Along Jim 11am PH	Activities with Mel MH Activities with	Nail Bar is open PH Activities with Rennie PH	Village walks with Mel & Shannon	Calming Colouring & Crosswords	Sunday Sherry & Nibbles
PM	Games Afternoon with Mel	Rennie's Quiz afternoon	Irene's Chair Exercise 2pm at PH for all	Magic Table for all at PH	Happy Birthday Janice	Jigsaw Puzzle afternoon	Activities with Mel
w/c 29th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jane - Hairdresser open all day	Music & Movement with Shannon					
PM	Activities with Melanie	Magic Table afternoon for all					



Social Wellbeing



