

MONTHLY SOCIAL AND WELLBEING PROGRAMME - JANUARY



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 3rd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdresser Closed	Activities with Rennie	Music & Movement with Melanie	Melanie Nail Bar Rennie MH	2022 Wish Tree	Saturday Kitchen with Lea Ann PH Café	Sunday Sherry & Socialising with Melanie
PM	Activities with Melanie PH	Games & Puzzles	Word Games & Crossword	Rennie's Quiz at MH	Calming colouring for all	Movie Matinee for all	Activities with Melanie
w/c 10th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jayne Hairdresser here all day	Music & Movement with Shannon	Activities with Melanie PH Activities with Shannon MH	Nail Bar is open & Activities with Rennie	Residents Meeting for all 11am MH lounge	Activities with Rennie PH	Sunday Sherry & Socialising & Rennie on Piano
PM	Jigsaw Puzzle Afternoon with Snack trolley	2022 Wish Tree	Happy Birthday Patricia Cook	Rennie's Song Quiz MH Happy Birthday Mary	Decorating our 2022 Wish Tree	Word Wheel for all	Rennie Games afternoon
w/c 17th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jayne Hairdresser here all day	Live Entertainment Sing Along Jim 11am	Activities with Melanie PH Activities with Shannon MH	Nail Bar is open & Activities with Rennie PH upstairs	Art with Shannon at MH	Activities with Lea-Ann	Sunday Sherry & Socialising
PM	Activities with Melanie PH	Rennie's Quiz Afternoon with Snack trolley	Irene's Chair Exercise 2pm at PH for all	National Cheese Lovers Day Cheese tasting	Magic Table for all	Word Games and crosswords	Activities with Melanie & Snack trolley
w/c 24th	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jayne Hairdresser here all day	Live Entertainment Music Lady 11am	Activities with Melanie PH Activities with Shannon MH	Nail Bar is open & activities with Rennie MH	Village walks with Shannon & Melanie	Games with Rennie	Sunday Sherry & Socialising
PM	Melanies Games Afternoon	Aqua paints & calming colouring	Irene's Chair Exercise 2pm at PH for all	Scrabble & Dominoes afternoon	Bingo for all residents at MH	Happy 100th Birthday Heather B	Music with Rennie MH
w/c 31st	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Jayne Hairdresser here all day						
PM	Activities with Melanie PH						



