

MONTHLY SOCIAL AND WELLBEING PROGRAMME - February



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		Chinese New Year Arts & Crafts & Chinese Menu	Chair Exercise with Shannon PH 11am	Nail Bar Closed. Activities with Rennie	Activities with Shannon & Garden Walks	Jigsaw Puzzle morning	Sunday Sherry & Socialising
PM		Games afternoon with Rennie	Movie Matinee & Shannon nail bar	Decorate our 2022 Wish Tree	Bingo at MH with Shannon	Calming Colouring	Happy Birthday Muriel
w/c 7th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdresser is open	Magic Table Morning with Shannon	Music & Movement 11am PH	Play Rummiclub with Rennie	Valentines Arts & Crafts with Shannon	Games Morning	Sunday Sherry & Socialising
PM	Scrabble Afternoon	Decorate a biscuit with Shannon	Happy Birthday Rosemary S	Rennie's Quiz afternoon	Bird watching & Garden explore	Heather B 100th Birthday Party with Rennie 2pm	Games Afternoon with Rennie
w/c 14th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdresser is open Happy St.Valentines Day	Garden walks with Shannon	Music & Movement 11am PH	Live Entertainment Kiddley Divey 11am PH	Special one day only 'pop up Restaurant'	Games Morning	Sunday Sherry & Socialising
PM	Valentines Chocolates & Movie	Word Wheel & word Games	Magic Table afternoon	Choose your favourite song with Rennie	Parchute fun with Mel	The Giant crossword	Movie Matinee with snacks
w/c 21st	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Hairdresser is open	Live Entertainment Music Lady PH 11am	Pebble Painting MH 11am	Church Service at PH 11am	Village walks with Shannon	Activities with Rennie	Games with Rennie
PM	Dominioes & scrabble	Happy Birthday Ann Sullivan	Irene's Chair exercise 2pm	Happy Birthday Susan PH Bingo	Games afternoon with Shannon & Mel	Rennies sing along in MH	Calming Colouring & Movie Matinee
w/c 28th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Hairdresser is open						
PM	Happy Birthday Pam B						



