



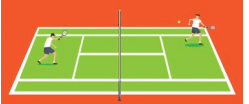

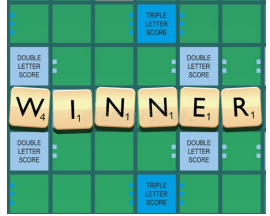


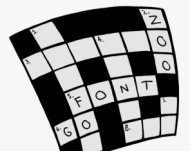


# MARGARET HOUSE—SOCIAL AND WELL BEING CALENDAR—JUNE/JULY










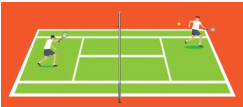
We hope that you enjoy this month's activities, please just let us know if there is anything else that you would like to do and we will do our best to include it next month. Best wishes Lea-Ann & the Activities Team

	MONDAY 27	TUESDAY 28	WEDS 29	THURS 30	FRIDAY 1	SAT 2	SUNDAY 3
AM	<p><b>HAIRDRESSER IS HERE</b></p> <p>11am Coffee &amp; Connect Join Mel for coffee</p> 	<p>11am <b>Music Lady</b></p> <p>Join Marilyn for a morning of interactive music performance with props</p>	<p>11am <b>Arts &amp; Crafts</b></p> <p>Join Mel &amp; Shannon creating our seaside image</p> 	<p><b>NAIL BAR WITH MEL</b></p> <p>Magic Table morning Come and join Rennie for games on the Magic Table</p>	<p>11am</p> <p><b>"Walkers Club"</b></p> <p>Join us on the first day of our "Big step out"</p> 	<p>11am Coffee and connect with Rennie</p> 	<p>11 am</p> <p>Classical Music morning—enjoy with a glass of Sherry and nibbles</p>
PM	<p><b>Wimbledon</b></p> <p>Watch the start of the The Championship</p>  <p>with Strawberries &amp; cream served in the afternoon</p> 	<p><b>'Games Afternoon'</b></p> <p>2pm Join Shannon for a game of balloon tennis</p> <p>---</p> <p>4pm Join friends for a game of Scrabble</p> 	<p>2pm Seated Chair Exercise with Irene</p> <p>---</p> <p>4.30 <b>'Quiz Club'</b> its time to play 'with Rennie</p> <p>--</p> <p>6pm <b>'Culture Club'</b> join us in the lounge with a Gin &amp; Tonic</p>	<p>2pm <b>'Quiz Club'</b></p> <p>Join us this afternoon for a General knowledge Quiz</p> <p>4.00 <b>'Card's Club'</b> Join Rennie for a hand or two of cards</p>	<p>Happy Birthday Jean</p> <p>2pm <b>Bingo</b></p> <p>"Eyes down for prize bingo with Mel</p> 	<p>2pm Join Rennie for an afternoon of 'Jazz'</p> 	<p>2pm</p> <p>Jigsaw Puzzle afternoon with Rennie</p> <p>3pm Cuppa &amp; cake with the crossword puzzle</p> 

# MARGARET HOUSE—SOCIAL AND WELL BEING CALENDAR—JULY




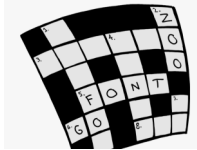



We hope that you enjoy this month's activities, please just let us know if there is anything else that you would like to do and we will do our best to include it next month. Best wishes Lea-Ann & the Activities Team

	MONDAY 4	TUESDAY 5	WEDS 6	THURS 7	FRIDAY 8	SAT 9	SUNDAY 10
AM	<p><b>HAIRDRESSER IS HERE</b></p> <p>11am Coffee &amp; Connect Join Mel for croissants &amp; chat</p> 	<p>11am</p> <p><b>"Walkers Club"</b> <b>The Big Step Out Continues.....</b></p> 	<p>10.30am</p> <p>Trip to the coffee shop with Lea-Ann</p> <p>11am</p> <p>Flower painting with Shannon</p>	<p><b>NAIL BAR WITH MEL</b></p> <p>Puzzle &amp; Fun with Rennie</p> 	<p>11am</p> <p><b>"Walkers Club"</b> <b>The Big Step Out Continues.....</b></p> 	<p>11am <b>Cooking Club</b></p> <p>Join Lea-Ann Baking</p> 	<p>11 am</p> <p>Sherry and Nibbles whilst we listen to classical music</p> 
PM	<p><b>HAIRDRESSER IS HERE</b></p> <p>2pm <b>Garden Games</b> Join Mel for some fun outside (hopefully) in the spring sunshine</p> <p>3pm Join us in the Garden for refreshments</p>	<p>2pm Word Wheel games with Shannon</p> <p>4.00 <b>'Card's Club'</b> Join Rennie for a hand or two of cards</p> 	<p>2pm <b>Seated Chair Exercise</b> with Irene</p> <p>5pm <b>'Supper Club'</b> Join us at the Chef's Table to enjoy a special restaurant experience meal</p> <p><b>Italian Menu</b></p>	<p>2pm</p> <p>Calming Colouring &amp; Crosswords</p> <p>4pm</p> <p>Join Rennie for an afternoon of your sing a long song requests</p>	<p>2pm Join Shannon &amp; Mel for garden games</p> <p>3pm Ice Lollies in the garden</p>	<p><b>Barley Flower &amp; Village Show</b> in the Plaistow from 12pm</p> <p>Afternoon refreshments served in the garden</p>	<p><b>The Wimbledon Finals</b></p> <p>Grab your pimm's &amp; watch the Wimbledon Championship Finals</p> 

# MARGARET HOUSE—SOCIAL AND WELL BEING CALENDAR—JULY



We hope that you enjoy this month's activities, please just let us know if there is anything else that you would like to do and we will do our best to include it next month. Best wishes Lea-Ann & the Activities Team




	MONDAY 11	TUESDAY 12	WEDS 13	THURS 14	FRIDAY 15	SAT 16	SUNDAY 17
AM	<p><b>HAIRDRESSER IS HERE</b></p> <p>11am Coffee &amp; Connect Join Mel for cakes, coffee&amp; a chat</p> 	<p>11am</p> <p><b>Magic Table</b> morning Come and join us for games on the Magic Table</p>	<p>11am</p> <p><b>“Walkers Club”</b> <b>The Big Step Out Continues.....</b> walking at Royston Heath</p>	<p><b>NAIL BAR WITH MEL</b></p> <p>11am</p> <p>Kiddley Divey are here with their mixture of music &amp; movement</p>	<p>11am</p> <p><b>“Walkers Club”</b> <b>The Big Step Out Continues.....</b> walk to the Fox &amp; Hounds Pub</p>	<p>11am</p> <p>Calming Colouring and morning cross-word</p> 	<p>11 am Classical Music morning—enjoy with a glass of Sherry and nibbles</p> 
PM	<p><b>HAIRDRESSER IS HERE</b></p> <p><b>2 pm ‘Quiz Club’</b> Join us for our weekly Word Wheel</p> 	<p>3pm</p> <p><b>‘In the Mood’</b> Live entertainment Join us for a song &amp; Dance from the era of the 40’s</p>	<p>2pm <b>Seated Chair Exercise</b> with Irene</p> <p>4pm <b>Quiz Club</b> Join Lea-Ann for Quiz of the week</p> <p>6pm <b>‘Culture Club’</b> <b>Andre Rieu</b></p>	<p>2pm</p> <p><b>Games Afternoon</b> Join Shannon for Bowls &amp; Hoopla 3.30pm Card’s Club Join Rennie for a hand or two of card</p> 	<p>2pm</p> <p><b>Garden Games</b> with Mel &amp; Shannon</p> <p>3.30pm Friday Movie Matinee</p>	<p>3pm</p> <p>Afternoon Tea served in the garden for all</p> 	<p><b>3 pm ‘Sunday Movie’</b> Grab your popcorn get comfy for our Sunday Movie Matinee</p>

# MARGARET HOUSE—SOCIAL AND WELL BEING CALENDAR—JULY



We hope that you enjoy this month's activities, please just let us know if there is anything else that you would like to do and we will do our best to include it next month. Best wishes Lea-Ann & the Activities Team







	MONDAY 18	TUESDAY 19	WEDS 20	THURS 21	FRIDAY 22	SAT 23	SUNDAY 24
AM	<p><b>HAIRDRESSER IS HERE</b></p> <p>11am</p> <p>Sing Along Jim</p> <p>Join us for a sing along plus music quiz</p>	<p>11am</p> <p><b>"Walkers Club"</b></p> <p><b>The Big Step Out Continues.....</b></p> 	<p>11am</p> <p>Sensory Room</p> <p>Join us for calming lighting, music and gentle massage</p>	<p><b>NAIL BAR WITH MEL</b></p> <p>Magic Table morning</p> <p>Come and join Rennie for games on the Magic Table</p>	<p>11am</p> <p><b>Arts and Crafts with Mel</b></p> 	<p>11am</p> <p><b>Coffee &amp; connect</b></p> <p>Join Lea-Ann for coffee &amp; pastries</p> 	<p>11 am Classical Music morning—enjoy with a glass of Sherry and nibbles with Melanie</p>





PM	<p><b>HAIRDRESSER IS HERE</b></p> <p>2pm</p> <p>Games Afternoon</p> <p>Join Mel for afternoon fun &amp; games</p>	<p>2pm</p> <p>1-2-1 with Shannon</p> <p>3.30pm Join Rennie for a game of scrabble &amp; dominoes</p> 	<p>2pm Seated Chair Exercise with Irene</p> <p><b>5pm 'Supper Club'</b></p> <p>Join us at the Chef's Table to enjoy a special restaurant experience meal</p> <p><b>This week it will be a French Menu</b></p>	<p><b>2pm 'Quiz Club'</b></p> <p>Join us this afternoon for a General knowledge Quiz</p> <p><b>4.00 'Card's Club'</b></p> <p>Join Rennie for a hand or two of cards</p> <p>Happy Birthday Vivien</p>	<p><b>"Walkers Club"</b></p> <p><b>The Big Step Out Continues.....</b></p> <p>Join us for an afternoon village walk</p>	<p><b>Garden Afternoon Tea Party with Community Memory Café with Music by Rennie</b></p> <p>2pm—4pm</p> 	<p>2pm</p> <p><b>Quiz Club</b></p> <p>Join us for our weekly word wheel</p> 
----	---	--	---	--	---	---	---

# MARGARET HOUSE—SOCIAL AND WELL BEING CALENDAR—JULY



We hope that you enjoy this month's activities, please just let us know if there is anything else that you would like to do and we will do our best to include it next month. Best wishes Lea-Ann & the Activities Team

	MONDAY 25	TUESDAY 26	WEDS 27	THURS 28	FRIDAY 29	SAT 30	SUNDAY 31
AM	<p><b>HAIRDRESSER IS HERE</b></p> <p>11am Coffee &amp; Connect Join Lea-Ann for coffee and residents meeting</p> 	<p>11am</p> <p><b>Music Lady</b></p> <p>Join us for music &amp; movement at Phylomena</p>	<p>11am</p> <p>Baking with Shannon</p> 	<p><b>NAIL BAR CLOSED</b></p> <p>11am Church Service in Phylomena led by Reverend Sarah</p> 	<p>Nail Bar is open</p> <p><b>"Walkers Club"</b></p> <p><b>The Big Step Out Continues.....</b></p> 	<p>Coffee &amp; Connect</p> <p>With morning papers and the daily cross-word.</p> 	<p><b>'Culture Club'</b></p> <p>11 am Classical Music morning—enjoy with a glass of Sherry and nibbles</p> <p>Sherry</p> 

PM	<p><b>HAIRDRESSER IS HERE</b></p> <p>2pm</p> <p>Garden Socialising &amp; garden tidy.</p> 	<p>2pm</p> <p>Calming Colouring and wordsearch</p> <p>4pm Cards Club</p> <p>"Rummikub"</p> 	<p>2pm <b>Seated Chair Exercise</b> with Irene</p> <p>4pm Scrabble &amp; Dominoes</p> <p>Happy Birthday Isa</p> <p><b>6pm 'CultureClub'</b></p> <p>Join us for a live classical guitar concert</p>	<p><b>2pm'Quiz Club</b></p> <p>Join us this afternoon for a general knowledge Quiz</p> <p>4pm Scrabble</p> 	<p>2pm</p> <p>Join Shannon for parachute fun &amp; games</p>	<p>2pm</p> <p>Games Afternoon</p> <p>Jigsaw Puzzles</p> <p>Dominoes</p> <p>Ludo</p>	<p>2pm Sunday Movie Matinee and afternoon Tea</p> 
----	---	--	--	--	--	---	---

## MARGARET HOUSE—SOCIAL AND WELL BEING CALENDAR—JULY



*We hope that you enjoy this month's activities, please just let us know if there is anything else that you would like to do and we will do our best to include it next month. Best wishes Lea-Ann & the Activities Team*