

Amy Woodgate Care Home Monthly Wellbeing Planner (29.07.24 - 25.08.24)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<p>29.07.2024</p> <p>Tables Games (Board games, reminiscence) 11.30am</p> <p>Garden visit to water the plants, Chats 2.30pm</p>	<p>30.07.2024</p> <p>Group Physio Exercise Class 10:30AM Malden Unit</p> <p>Newspaper session 11:30am Word</p> <p>Beauty & Manicures 2.30am</p>	<p>31.07.2024</p> <p>Music Session 10.30am-11.30 Malden Unit</p> <p>Rock Painting 2:00pm</p>	<p>01.08.2024</p> <p>Newspaper Session 10:30- 11:00am</p> <p>Singing and Dancing 2:00pm</p>	<p>02.08.2024</p> <p>Music Therapy 11.30am</p> <p>Hairdresser 2.00pm</p> <p>Ball Games 2.30pm</p>	<p>03.08.2024</p> <p>Quiz Guess the flower 11.00am</p> <p>Out and About 2.00pm</p>	<p>04.08.2024</p> <p>Guess the country Quiz 11.00AM</p> <p>Sensory Journey (Touch, Smell, Feel) 2:30 PM</p>
WEEK 2	<p>05.08.2024</p> <p>Aromatherapy set Memories connected to each scent</p> <p>11.30AM Bingo Eyes Down 2.30PM</p>	<p>06.08.2024</p> <p>Group Physio Exercise Class 10:30AM</p> <p>One to One with Residents 2.30pm</p>	<p>07.08.2024</p> <p>Quiz and Crosswords from 10.30am</p> <p>Hairdresser Comes Around 10.00am</p> <p>Gardening, Weeding from 2.00pm</p>	<p>08.08.2024</p> <p>One to One Personal Feedback from Residents Bedroom visit 11.00am</p>	<p>09.08.2024</p> <p>Promoting a sense of well being</p> <p>Manicures and Hand massage 11:30am</p> <p>Arts and Crafts</p>	<p>10.08.2024</p> <p>Singing and Dancing 11.00am</p> <p>Facetime Resident Family All day from 2.30pm</p>	<p>11.08.2024</p> <p>Casual Nature Walk 11.00am</p> <p>Movie with Popcorn 2:30pm</p>
WEEK 3	<p>12.08.2024</p> <p>Sitting Exercise – Chair Based 11.30PM</p> <p>Bingo Eyes Down (Oaks) 2.30PM</p>	<p>13.08.2024</p> <p>Newspaper arts and crafts 10.30am</p> <p>Nursery Children 02.00pm</p>	<p>14.08.2024</p> <p>Quiz and Boards Games 10.30am</p>	<p>15.08.2024</p> <p>Sports Quiz 11.30am</p> <p>Outdoor meal Garden Unit 12.30</p> <p>One to One Personal Feedback from Residents Bedroom visit 2.30pm</p>	<p>16.08.2024</p> <p>Hairdresser 9.00am-2.00pm</p> <p>BBQ 2.00pm – 4.00pm</p>	<p>17.08.2024</p> <p>Out and About 11.00am</p> <p>Sensory Table Games 2.30pm</p>	<p>18.08.24</p> <p>Virtual Reality Experience Bedroom Visits 11.00am</p> <p>General Knowledge Quiz 2.30pm</p>
WEEK 4	<p>19.08.2024</p> <p>Bingo Eyes Down (Park) 2.30PM</p> <p>One to One Personal Feedback from Residents 2.30pm</p>	<p>20.08.2024</p> <p>Group Exercise 10:30AM</p> <p>Beauty & Manicures 2.30pm</p> <p>One to One Residents in BEDROOMS 2.30pm</p>	<p>21.08.2024</p> <p>You got a friend in me. Baking with Friends 10:30 AM</p> <p>Father Peter Visits from Catholic Church 11.00am</p> <p>Table Games (Chess, Draughts) 2.30pm</p>	<p>22.08.2024</p> <p>Play your Cards right 11.30am</p> <p>Table Games (Chess, Draughts) 11.30am</p> <p>Sensory Table Interaction Time 2:30PM</p>	<p>23.08.2024</p> <p>Chessington Garden Centre Day Trip 11.00am – 2.00pm</p> <p>Hairdresser 2.00pm</p>	<p>24.08.2024</p> <p>Reminiscence (Life History) 11.00am</p> <p>Out and about 2.30pm</p>	<p>25.08.2024</p> <p>Casual Nature Walk 11.00am</p> <p>Animal Quiz 2.30pm</p>

