




ACTIVITIES & EVENTS

AT PRISCILLA WAKEFIELD HOUSE

MARCH 2020

- **1st - St David's Day Afternoon Tea - All units - 3pm**
- **4th, 11th, 18th & 25th - Chair-based Exercise with Clive - Copperfield - 11.30am**
- **4th, 11th, 18th & 25th - PWH Music Workshop - Dorrit 1 - 3pm**
- **5th, 12th, 19th & 26th - Sarah Playing her Keyboard - Dorrit 2 - 11am**
- **5th, 12th, 19th & 26th - Seated Exercises with Spurs - Nickleby - 3pm**
- **5th - World Book Day - Reminiscing: Books We Read as Children - Copperfield - 3pm**
- **6th, 13th, 20th & 27th - Sanjuro chair-based exercise - Havisham - 10.45am**
- **9th - Coffee Morning & Quiz for Sport Relief @ Dickens Café - 11am**
- **10th - International Women's Day Celebration - Dickens Café - 3pm**
- **15th - Canaan Church Service - Nickleby - 2.30pm**
- **16th - 22nd - Nutrition & Hydration Week**
- **16th - Coffee Morning & Quiz @ Dickens Café - 11am**
- **17th - Big Breakfast @ Dickens Café - 9am**
- **17th - St. Patrick's Day Celebration - Dorrit - 3pm**
- **18th - Global Tea Party, Dickens Café, 3pm**
- **19th - Dining Around the World - Dickens Café - 5pm**
- **20th - Fruity Friday - Dorrit - 3pm**
- **21st - SDA Church Visit - Nickleby - 3pm**
- **23rd - 29th - National Intergenerational Week**
- **24th - Sensational Slime-making Workshop - Multi Function Room - 3.30pm**
- **26th - Visit from Bruce Grove Primary School - Copperfield/ Nickleby - 10.30am**
- **22nd - Mothering Sunday High Tea @ Dickens Café - 3pm**
- **26th - Dementia Friendly Screening of "Little Women" - Crouch End Picture House - Leaving 10am**
- **27th - Wear a Hat Day - Best Hat Competition - Dorrit 1 - 11am**
- **30th - Wellness Café @ Alexandra Palace - Leaving 1pm**

MARCH 2020 COPPERFIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						11AM TV & CHATTING IN THE LOUNGE 1 3PM ST. DAVIDS DAY AFTERNOON TEA ST DAVIDS DAY
11AM WORD GAMES 2 2.30PM PRISCILLA PICTURES DORRIT 1	9AM BREAKFAST CLUB @ DICKENS CAFÉ 3 2PM PWH SHOP 3PM HAND MASSAGE & PAMPERING	11.30AM CHAIR BASED EXERCISE WITH CLIVE 4 3PM PWH MUSIC WORKSHOP DORRIT 1	10.30AM SARAH & HER KEYBOARD DORRIT 2 3PM WORLD BOOK DAY REMINISCING: BOOKS WE READ AS CHILDREN	10.45AM SANJURO EXERCISE HAVISHAM 6 3PM WORD GAMES 5PM SUPPER CLUB @ DICKENS CAFE	11AM ONE TO ONE ACTIVITIES MENU 7 3PM TV & CHATTING IN THE LOUNGE	11AM TV & CHATTING IN THE LOUNGE 8 3PM ONE TO ONE ACTIVITIES MENU INTERNATIONAL WOMEN'S DAY
11AM COFFEE MORNING & QUIZ FOR SPORT RELIEF @ DICKENS CAFÉ 9 3PM COLOURING FOR RELAXATION	9AM BREAKFAST CLUB @ DICKENS CAFÉ 10 2PM PWH SHOP 3PM INTERNATIONAL WOMENS DAY CELEBRATION @ DICKENS CAFE	11.30AM CHAIR BASED EXERCISE WITH CLIVE 11 3PM PWH MUSIC WORKSHOP DORRIT 1	10.30AM SARAH & HER KEYBOARD DORRIT 2 12 1 – 5PM ST. PATRICKS DAY CELEBRATION @ THE IRISH CENTRE LEAVING 12.15PM  3PM SPURS EXERCISE NICKLEBY	10.45AM SANJURO EXERCISE HAVISHAM 13 2.30 PRISCILLA PICTURES DORRIT 5PM SUPPER CLUB @ DICKENS CAFE	11AM ONE TO ONE ACTIVITIES MENU 14 3PM TV & CHATTING IN THE LOUNGE	11AM ONE TO ONE ACTIVITIES MENU 15 2.30 CANAAN CHURCH SERVICE NICKLEBY
11AM COFFEE MORNING & QUIZ @ DICKENS CAFÉ 16 3PM HAND MASSAGE & PAMPERING	9AM BIG BREAKFAST @ DICKENS CAFE 17 2PM PWH SHOP 3PM ST. PATRICKS DAY PARTY DORRIT 1 ST PATRICK'S DAY 	11.30AM CHAIR BASED EXERCISE WITH CLIVE 18 3PM PWH MUSIC WORKSHOP DORRIT 1 3PM GLOBAL TEA PARTY @ DICKENS CAFE	10.30AM SARAH & HER KEYBOARD DORRIT 2 19 3PM SPURS EXERCISE NICKLEBY 5PM DINING AROUND THE WORLD MEXICAN NIGHT @ DICKENS CAFE	10.45AM SANJURO EXERCISE HAVISHAM 20 3PM FRUITY FRIDAY DORRIT 1 5PM SUPPER CLUB @ DICKENS CAFE	11AM TV & CHATTING IN THE LOUNGE 21 3PM SDA CHURCH VISIT NICKLEBY WORLD POETRY DAY	11AM ONE TO ONE ACTIVITIES MENU 22 3PM MOTHERING SUNDAY HIGH TEA @ DICKENS CAFE 
11AM WORD GAMES 23 3PM COLOURING FOR RELAXATION	9AM BREAKFAST CLUB @ DICKENS CAFÉ 24 2PM PWH SHOP 3.30 SLIME MAKING WORKSHOP MULTI FUNCTION ROOM	11.30AM CHAIR BASED EXERCISE WITH CLIVE 25 3PM PWH MUSIC WORKSHOP DORRIT 1	10.30AM GAMES WITH PUPILS FROM BRUCE GROVE PRIMARY SCHOOL 26 3PM SPURS EXERCISE NICKLEBY	10.45AM SANJURO EXERCISE HAVISHAM 27 5PM SUPPER CLUB @ DICKENS CAFE WEAR A HAT DAY	11AM ONE TO ONE ACTIVITIES MENU 28 3PM TV & CHATTING IN THE LOUNGE	11AM TV & CHATTING IN THE LOUNGE 29 3PM ONE TO ONE ACTIVITIES MENU
HAPPY BIRTHDAY MICHAEL 30 11AM COFFEE MORNING & QUIZ @ DICKENS CAFÉ 1PM WELLNESS CAFÉ @ ALEXQANDRA PALACE	9AM BREAKFAST CLUB @ DICKENS CAFÉ 31 2PM PWH SHOP 3PM HAND MASSAGE & PAMPERING					

March 2020 - Dorrit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						Saint David's Day 1 11am – Quality Time in the Lounge 3pm – Afternoon Tea in the Lounge
Happy Birthday Pamela! 2 11am – Board & Card Games one-to-one 2:30pm – Dorrit at the Pictures	World Wildlife Day 3 11am – Nature Programmes in the Lounge 2:30pm – Radio Appreciation in the Lounge	11am – one-to-one Creative Colouring 3pm – PWH Music Workshop, Dorrit 1	World Book Day 5 11am – Sarah & her Keyboard, Dorrit 2 2:30pm – one-to-one reading & poetry sessions	11am – Manicure & Hand Massage 2:30pm – Darts & Ball Games	Happy Birthday Paul! 7 11am – TV & Chats in the Lounge 2pm – One-to-one activities menu	International Women's Day 8 11am – Quality Time in the Lounge 2pm – One-to-one activities menu
11am – Coffee Morning & Quiz for Sport Relief at the Dickens Café 2:30 – Classical Music Appreciation in the Lounge	11am – Aromatherapy & Sensory Relaxation 2:30pm – Dorrit at the Pictures	11am – Reading & Poetry one-to-one sessions 3pm – PWH Music Workshop, Dorrit 1	Happy Birthday Mary! 12 11am – Sarah & her Keyboard, Dorrit 2 2:30pm – Reggae Appreciation in the Lounge	11am – one-to-one Creative Colouring 2:30 – Dorrit at the Pictures	11am – Quality Time in the Lounge 2pm – One-to-one activities menu	11am – TV & Chats in the Lounge 2:30pm – Canaan Church Service on Nickleby
Nutrition & Hydration Week 16 11am – Coffee Morning & Quiz at the Dickens Café 2pm – Darts & Ball Games	Nutrition & Hydration Week 17 Happy Birthday Ida! St Patrick's Day 9am – Big Breakfast at the Dickens Café 3pm – St. Paddy's Celebration	Nutrition & Hydration Week 18 11am – Aromatherapy & Sensory Relaxation 3pm – PWH Music Workshop, Dorrit 1	Nutrition & Hydration Week 19 11am – Sarah & her Keyboard, Dorrit 2 2:30pm – Dorrit at the Pictures 5pm – Dining Around the World – Mexican Night at the Dickens Café	Nutrition & Hydration Week 20 Spring (Northern Hemisphere) 3pm – 'Fruity Friday' tasting & discussion session, Dorrit 1	Nutrition & Hydration Week 21 World Poetry Day 11am – One-to-one activities menu 3pm – Visit from SDA Church	Nutrition & Hydration Week 22 Happy Birthday Richard! Mothering Sunday 3pm – High Tea at the Dickens Café
National Intergenerational Week 23 11am – Manicure & Hand Massage 2pm – Darts & Ball Games	National Intergenerational Week 24 11am – 50s/60s Singalong 3:30pm – Sensational Slime-making Workshop, Multifunction Room	National Intergenerational Week 25 11am – Radio Appreciation in the Lounge 3pm – PWH Music Workshop, Dorrit 1	National Intergenerational Week 26 11am – Sarah & her Keyboard, Dorrit 2 2pm – Manicure & Hand Massage	National Intergenerational Week 27 Happy Birthday Rose! Wear a Hat Day 11am – Best Hat Competition 2:30pm – Dorrit at the Pictures	National Intergenerational Week 28 11am – TV & Chats in the Lounge 2pm – One-to-one activities menu	National Intergenerational Week 29 11am – Quality Time in the Lounge 2pm – One-to-one activities menu
11am – Aromatherapy & Sensory Relaxation 2pm – 70s & 80s Singalong in the Lounge	11am – Manicure & Hand Massage 2:30pm – Reading & Poetry one-to-one sessions					

March 2020 Havisham & Pickwick

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						10.30-AM – CHILLING IN THE LOUNGE 1 3PM – SAINT DAVID'S DAY AFTERNOON TEA ALL UNITS
11 AM ONE TO ONE ACTIVITIES MENU 2 3PM PRISCILLA PICTURES HAVISHAM	9AM - BREAKFAST CLUB 3 3PM DARTS TOURNAMENT HAVISHAM	11.30AM CHAIR BASED EXERCISE WITH CLIVE COPPERFIELD 4 3PM HAPPY BDAY ISMAIL 3PM PWH MUSIC WORKSHOP DORRIT 1	10.30AM SARAH & HER KEYBOARD DORRIT 2 5 3PM SPURS EXERCISE NICKLEBY OR 3PM WORLD BOOK DAY. REMINISCING: BOOKS WE READ AS CHILDREN	10.45AM SANJURO EXERCISE HAVISHAM 6 3PM HAPPY BDAY TERESA! 5PM SUPPER CLUB DICKENS' CAFE	10.30AM ONE TO ONE ACTIVITIES MENU 7 3PM CHILLING IN THE LOUNGE	10.30AM CHILLING IN THE LOUNGE 8 3PM HAPPY BDAY THERESA 3PM ONE TO ONE ACTIVITIES MENU
11AM – COFFEE MORNING & QUIZ FOR SPORT RELIEF – DICKENS' CAFÉ 9 3PM - PRISCILLIA PICTURES - HAVISHAM	9AM - BREAKFAST CLUB 10 3PM INTERNATIONAL WOMEN'S DAY CELEBREATION – DICKENS' CAFÉ 4PM HAPPY BDAY ALBERTO	11.30AM CHAIR BASED EXERCISE WITH CLIVE COPPERFIELD 11 3PM PWH MUSIC WORKSHOP DORRIT 1	3PM SPURS EXERCISE NICKLEBY 12 1PM – ST. PATRICK'S CELEBRATION @ THE IRISH CENTRE	10.45AM SANJURO EXERCISE HAVISHAM 13 5PM SUPPER CLUB DICKENS' CAFE	10.30AM ONE TO ONE ACTIVITIES MENU 14 3PM CHILLING IN THE LOUNGE	INTERNATIONAL WOMEN'S DAY 15 10.30AM – CHILLING IN THE LOUNGE 2.30PM – CANAAN CHURCH SERVICE - NICKLEBY
11AM – COFFEE MORNING AND QUIZ @ DICKENS' CAFÉ 16 3PM - PRISCILLIA PICTURES - HAVISHAM	9AM - BREAKFAST CLUB 17 3PM – ST PATRICK'S DAY CELEBRATION – DORRIT	11.30AM CHAIR BASED EXERCISE WITH CLIVE COPPERFIELD 18 3PM GLOBAL TEA PARTY – DICKENS CAFÉ 3PM PWH MUSIC WORKSHOP DORRIT 1	10.30AM SARAH & HER KEYBOARD DORRIT 2 19 3PM SPURS EXERCISE NICKLEBY 5PM – DINING AROUND THE WORLD MEXICAN NIGHT	10.45AM SANJURO EXERCISE HAVISHAM 20 3PM FRUITY FRIDAY DORRIT 5PM SUPPER CLUB DICKENS CAFE	10.30AM ONE TO ONE ACTIVITIES MENU 21 3PM SDA CHURCH VISIT NICKLEBY	10.30AM CHILLING IN THE LOUNGE 22 3PM MOTHERING SUNDAY HIGH TEA DICKENS CAFE
11AM ONE TO ONE ACTIVITIES MENU 23 3PM PRISCILLA PICTURES HAVISHAM	9AM - BREAKFAST CLUB 24 3.30PM SLIME MAKING WORKSHOP MULTI FUNCTION ROOM	11.30AM CHAIR BASED EXERCISE WITH CLIVE COPPERFIELD 25 3PM PWH MUSIC WORKSHOP DORRIT 1	10.30AM SARAH & HER KEYBOARD DORRIT 2 26 10.30AM VISIT FROM BRUCE GROVE PRIMARY SCHOOL 11AM 'LITTLE WOMEN' CROUCH END PICTUREHOUSE 3PM SPURS EXERCISE NICKLEBY	10.45AM SANJURO EXERCISE HAVISHAM 27 11AM WEAR A HAT DAY 'BEST HAT COMPETITION' DORRIT 5PM SUPPER CLUB DICKENS CAFE	10.30AM ONE TO ONE ACTIVITIES MENU 28 3PM CHILLING IN THE LOUNGE	10.30AM CHILLING IN THE LOUNGE 29 3PM ONE TO ONE ACTIVITIES MENU
11AM ONE TO ONE ACTIVITIES MENU 30 1PM WELLNESS CAFÉ ALEXANDRA PALACE	9AM - BREAKFAST CLUB 31 3PM DARTS TOURNAMENT HAVISHAM					

March 2020 - Nickleby

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						Saint David's Day 1 11am – Quality Time in the Lounge 3pm – Afternoon Tea
11am – Card Games & Quizzing 2 2:30 – Mindfulness Colouring	World Wildlife Day 3 11am – Breakfast Club 3pm – Arts & Crafts Club on Nickleby	11am – Cycling and Darts 4 3pm – PWH Music Workshop – Dorrit 1	World Book Day 5 11am – Music Appreciation 3pm – Chair-based Exercise with Spurs	11am – Board Games, Puzzles and Fun 6 2:30 – Mindfulness Colouring	11am – TV & Chats in the Lounge 7 2pm – One-to-one activities menu	International Women's Day 8 11am – Quality Time in the Lounge 2pm – One-to-one activities menu
11am – Coffee Morning & Quiz for Sport Relief at the Dickens Café 9 2:30pm – Cycling & Darts	11am – Breakfast Club 10 3pm – Arts & Crafts Club on Nickleby	11am – Card Games and Quizzing 11 3pm – PWH Music Workshop – Dorrit 1	11am – Cycling & Darts 12 3pm – Chair-based Exercise with Spurs	Happy Birthday Sursimon! 13 11am – Mindfulness Colouring 2pm – Music Appreciation	11am – Quality Time in the Lounge 14 2pm – One-to-one activities menu	11am – TV & Chats in the Lounge 15 2:30pm – Cnaan Church Service
Nutrition & Hydration Week 16 11am – Coffee Morning & Quiz at the Dickens Café 2:30pm – Cycling & Darts	Nutrition & Hydration Week 17 St Patrick's Day Happy Birthday Patrick! 11am – Big Breakfast Club 3pm – Arts & Crafts Club on Nickleby	Nutrition & Hydration Week 18 11am – Board Games, Puzzles and Fun 3pm – PWH Music Workshop – Dorrit 1	Nutrition & Hydration Week 19 3pm – Chair-based Exercise with Spurs 5pm – Dining Around the World – Mexican Night! at the Dickens Café	Nutrition & Hydration Week 20 Spring (Northern Hemisphere) 11am – Board Games, Puzzles and Fun 2pm – Mindfulness Colouring	Nutrition & Hydration Week 21 World Poetry Day 11am – One-to-one activities menu 3pm – Visit from SDA Church	Nutrition & Hydration Week 22 Mothering Sunday 11am – One-to-one activities menu 3pm – High Tea at the Dickens Café
National Intergenerational Week 23 11am – Board Games, Puzzles and Fun 2:30pm – Cycling & Darts	National Intergenerational Week 24 11am – Breakfast Club 3:30pm – Sensational Slime-making Workshop, Multifunction Room	National Intergenerational Week 25 11am – Card Games and Quizzing 3pm – PWH Music Workshop – Dorrit 1	National Intergenerational Week 26 10:30am – Visit from Bruce Grove Primary School 3pm – Chair-based Exercise with Spurs	National Intergenerational Week 27 Wear a Hat Day 11am – Best Hat Competition, Dorrit 1 2pm – Music Appreciation	National Intergenerational Week 28 11am – TV & Chats in the Lounge 2pm – One-to-one activities menu	National Intergenerational Week 29 11am – Quality Time in the Lounge 2pm – One-to-one activities menu
11am – Mindfulness Colouring 30 2:30pm – Cycling & Darts	11am – Breakfast Club 31 3pm – Arts & Crafts Club on Nickleby					