

Due to the Coronavirus Pandemic we are not currently facilitating group activities in line with social distancing guidance.

We are focusing on 1 – 1 activity in bedrooms and providing resources for independent activity or stimulus to promote wellbeing and prevent isolation.

Our planners for March are still available here to give you an idea of what these would look like under normal circumstances.

Thanks




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



# March 2020 - Dorrit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						<b>Saint David's Day 1</b> <b>11am</b> – Quality Time in the Lounge <b>3pm</b> – Afternoon Tea in the Lounge
<b>Happy Birthday Pamela! 2</b> <b>11am</b> – Board & Card Games one-to-one <b>2:30pm</b> – Dorrit at the Pictures	<b>World Wildlife Day 3</b> <b>11am</b> – Nature Programmes in the Lounge <b>2:30pm</b> – Radio Appreciation in the Lounge	<b>11am</b> – one-to-one Creative Colouring <b>4</b> <b>3pm</b> – PWH Music Workshop, <b>Dorrit 1</b>	<b>World Book Day 5</b> <b>11am</b> – Sarah & her Keyboard, <b>Dorrit 2</b> <b>2:30pm</b> – one-to-one reading & poetry sessions	<b>11am</b> – Manicure & Hand Massage <b>6</b> <b>2:30pm</b> – Darts & Ball Games	<b>Happy Birthday Paul! 7</b> <b>11am</b> – TV & Chats in the Lounge <b>2pm</b> – One-to-one activities menu	<b>International Women's Day 8</b> <b>11am</b> – Quality Time in the Lounge <b>2pm</b> – One-to-one activities menu
<b>11am</b> – Coffee Morning & Quiz for <b>Sport Relief</b> at the <b>Dickens Café</b> <b>2:30</b> – Classical Music Appreciation in the Lounge <b>9</b>	<b>11am</b> – Aromatherapy & Sensory Relaxation <b>10</b> <b>2:30pm</b> – Dorrit at the Pictures	<b>11am</b> – Reading & Poetry one-to-one sessions <b>11</b> <b>3pm</b> – PWH Music Workshop, <b>Dorrit 1</b>	<b>Happy Birthday Mary! 12</b> <b>11am</b> – Sarah & her Keyboard, <b>Dorrit 2</b> <b>2:30pm</b> – Reggae Appreciation in the Lounge	<b>11am</b> – one-to-one Creative Colouring <b>13</b> <b>2:30</b> – Dorrit at the Pictures	<b>11am</b> – Quality Time in the Lounge <b>14</b> <b>2pm</b> – One-to-one activities menu	<b>11am</b> – TV & Chats in the Lounge <b>15</b> <b>2:30pm</b> – Canaan Church Service on <b>Nickleby</b>
<b>Nutrition &amp; Hydration Week 16</b> <b>11am</b> – Coffee Morning & Quiz at the <b>Dickens Café</b> <b>2pm</b> – Darts & Ball Games	<b>Nutrition &amp; Hydration Week 17</b> <b>Happy Birthday Ida! St Patrick's Day</b> <b>9am</b> – Big Breakfast at the <b>Dickens Café</b> <b>3pm</b> – St. Paddy's Celebration	<b>Nutrition &amp; Hydration Week 18</b> <b>11am</b> – Aromatherapy & Sensory Relaxation <b>3pm</b> – PWH Music Workshop, <b>Dorrit 1</b>	<b>Nutrition &amp; Hydration Week 19</b> <b>11am</b> – Sarah & her Keyboard, <b>Dorrit 2</b> <b>2:30pm</b> – Dorrit at the Pictures <b>5pm</b> – Dining Around the World – <b>Mexican Night</b> at the <b>Dickens Café</b>	<b>Nutrition &amp; Hydration Week 20</b> <b>Spring (Northern Hemisphere)</b> <b>3pm</b> – 'Fruity Friday' tasting & discussion session, <b>Dorrit 1</b>	<b>Nutrition &amp; Hydration Week 21</b> <b>World Poetry Day</b> <b>11am</b> – One-to-one activities menu <b>3pm</b> – Visit from SDA Church	<b>Nutrition &amp; Hydration Week 22</b> <b>Happy Birthday Richard!</b> <b>Mothering Sunday</b> <b>3pm</b> - High Tea at the <b>Dickens Café</b>
<b>National Intergenerational Week 23</b> <b>11am</b> – Manicure & Hand Massage <b>2pm</b> – Darts & Ball Games	<b>National Intergenerational Week 24</b> <b>11am</b> –50s/60s Singalong <b>3:30pm</b> – Sensational Slime-making Workshop, <b>Multifunction Room</b>	<b>National Intergenerational Week 25</b> <b>11am</b> – Radio Appreciation in the Lounge <b>3pm</b> – PWH Music Workshop, <b>Dorrit 1</b>	<b>National Intergenerational Week 26</b> <b>11am</b> – Sarah & her Keyboard, <b>Dorrit 2</b> <b>2pm</b> – Manicure & Hand Massage	<b>National Intergenerational Week 27</b> <b>Happy Birthday Rose!</b> <b>Wear a Hat Day</b> <b>11am</b> – Best Hat Competition <b>2:30pm</b> – Dorrit at the Pictures	<b>National Intergenerational Week 28</b> <b>11am</b> – TV & Chats in the Lounge <b>2pm</b> – One-to-one activities menu	<b>National Intergenerational Week 29</b> <b>11am</b> – Quality Time in the Lounge <b>2pm</b> – One-to-one activities menu
<b>11am</b> – Aromatherapy & Sensory Relaxation <b>30</b> <b>2pm</b> – 70s & 80s Singalong in the Lounge	<b>11am</b> – Manicure & Hand Massage <b>31</b> <b>2:30pm</b> – Reading & Poetry one-to-one sessions					



# March 2020 Havisham & Pickwick

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



# March 2020 - Nickleby

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