

# PENPERGWM HOUSE

## Programme for week commencing Monday 23<sup>rd</sup> March 2020

<p><b>Monday</b> 23<sup>rd</sup></p>	<p><b>10:45am</b> Keep fit with Liz In the Garden room Supported by Joanna</p>		<p><b>2.30pm</b> Sing-along On the Big Screen With Liz In Garden Room Supported by Kaitlin</p>	
<p><b>Tuesday</b> 24<sup>th</sup></p>	<p><b>10.45am – Bridge Club</b> with Abbie In the Garden Room Supported by Joanna</p>		<p><b>1.30pm</b> Residents Meeting With Tracey In the Dining room</p>	<p><b>2.30pm</b> Music Quiz with Abbie In the Garden Room Supported by Hannah</p>
<p><b>Wednesday</b> 25<sup>th</sup></p>	<p><b>10.45am</b> Sit to get fit With Abbie In the Garden Room Supported by Carian</p>		<p><b>2.30pm</b> Design your own Fabric bag with Abbie In the Garden Room Supported by Hannah</p>	
<p><b>Thursday</b> 26<sup>th</sup></p>	<p><b>11.00am</b> My Life with Abbie In the Garden Room Supported by Nitaya</p>		<p><b>2.30pm</b> Match the Saying with Sharon In the Garden room</p>	<p><b>3.30pm</b> Residents choice of Classical music being played in the Garden Room</p>
<p><b>Friday</b> 27<sup>th</sup> Happy Birthday Tasha</p>	<p><b>10.45am</b> Armchair Yoga with Sharon In the Studio Supported by Zoe</p>		<p><b>2.30pm</b> Hoopla with Sharon In The Garden room Supported by Carian</p>	
<p><b>Saturday</b> 28<sup>th</sup></p>	<p><b>11.00am</b> Crafts With Abbie In the Studio Supported by Jo</p>		<p><b>3.00pm</b> Richard Burton The Voice of Poetry Part 2 With Abbie In the Studio Supported By Vilai</p>	
<p><b>Sunday</b> 29<sup>th</sup></p>	<p><b>11.00am</b> Knitting Circle In the Garden Room With Jo</p>	<p><b>12pm</b> Sherry with Kaitlin</p>	<p><b>2.00pm Netflix Film</b> “ Residents Choice” On the big screen In the Studio with Cara</p>	<p><b>4.30pm</b> Residents choice of Popular music being played in the Garden Room</p>
<p><b>Quote of the week – One small positive thought in the morning can change your whole day.</b></p>				

# **Daily Routine**

**At Penpergwm House**

**8am – 9.30am**

**Breakfast in Dining Room**

(or you can choose to have in your own room)

**10.30am**

**Tea and Coffee & Biscuits**

Will be served on a trolley across all communal areas and rooms

**10.45am-12pm**

An arranged activity will be going on –  
See the Programme on the reverse.

**12.30pm**

**A Freshly Cooked Lunch Will Be Served In the Dining Room**

**2.30pm**

An arranged activity will be going on –  
See the Programme on the reverse.

**3.45pm**

**Afternoon Tea & Coffee & Freshly Baked Biscuits/Cakes**

Will be served across all communal areas and Resident's rooms.

**5.30pm**

**Supper Will Be Served In The Dining Room**

You are more than welcome to have supper in your room, at a time you wish, if you prefer.