

# PENPERGWM HOUSE

## Programme for week commencing Monday 30<sup>th</sup> March 2020

<p><b>Monday</b> 30<sup>th</sup></p> <p>Happy Birthday Margaret H</p>	<p><b>10.45am</b> Quiz Morning With Joanna In The Garden Room Supported by Kaitlin</p>		<p><b>2.30pm</b> Board Games With Zoe In the Garden room</p>	
<p><b>Tuesday</b> 31<sup>th</sup></p> <p>Happy Birthday Beverly</p>	<p><b>11.00am</b> Sit to get fit with Abbie In the Garden Room Supported by Joanna</p>		<p><b>2.30pm</b> Who am I with Abbie In the Garden Room Supported by Kaitlin</p>	
<p><b>Wednesday</b> 1<sup>st</sup> April</p>	<p><b>10.45am</b> Bingo With Abbie In the Garden Room Supported by Hannah</p>		<p><b>2.30pm</b> Art Therapy With Abbie In the Garden room Supported by Jo</p>	
<p><b>Thursday</b> 2<sup>nd</sup></p>	<p><b>11.00am</b> Easter Crafts with Abbie In the Garden Room Supported by Joanna</p>		<p><b>2.30pm</b> Big Cheese with Abbie In the Garden Room Supported by Hannah</p>	
<p><b>Friday</b> 3<sup>rd</sup> Happy Birthday Mary</p>	<p><b>11.00am</b> Keep Fit with Sharon In the Garden Room Supported by Vilai</p>		<p><b>2.30pm</b> Bridge /Cards with Sharon In The Studio Supported by Nitaya</p>	
<p><b>Saturday</b> 4<sup>th</sup></p>	<p><b>11.00am</b> Sing-along With Vilai In the Garden Room Supported by Vilai</p>		<p><b>2.30pm</b> Knitting Circle With Tracey In the Garden room</p>	<p><b>3.30pm</b> The Crown Series In the Garden Room</p>
<p><b>Sunday</b> 5<sup>th</sup></p>	<p><b>11.00am</b> Morning Garden Walk With Tracey</p>	<p><b>12pm</b> Pre Lunch drinks with Tracey</p>	<p><b>2.00pm</b> Netflix Film "Residents Choice" On the big screen In the Studio Supported by Nitaya</p>	<p><b>4pm</b> Residents Choice of Popular Music will be played in the Garden Room</p>

**Quote of the Week – Take it day by day and don't stress to much about tomorrow.**

# **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