



# PENPERGWM HOUSE



## Programme for week commencing Monday 6<sup>th</sup> April 2020

<p><b>Monday 6<sup>th</sup></b></p>	<p><b>10:45am</b>  <b>Keep fit With Joanna</b>            In the Garden Room            Supported by Carian</p>	<p><b>2.30pm</b>  <b>Sing-along With Cara</b>            In The Garden Room</p>		
<p><b>Tuesday 7<sup>th</sup></b></p>	<p><b>10.45am –Google Earth with Abbie</b>            In the Studio            Supported by Joanna</p>	<p><b>2.30pm</b>  <b>Music Quiz With Abbie</b>            In the Garden room            Supported by Jo</p>		
<p><b>Wednesday 8<sup>th</sup></b></p>	<p><b>11.00am</b>  <b>Armchair yoga With Abbie</b>            In the Studio            Supported by Vilai</p>	<p><b>2.30pm</b>  <b>Bridge Club With Abbie</b>            In the Studio            Supported by Autumn</p>	<p><b>3.30pm</b>  <b>David Attenborough Plant Earth Series</b>            In the Garden Room</p>	
<p><b>Thursday 9<sup>th</sup></b></p>	<p><b>11.00am</b>  <b>Bingo with Abbie</b>            In the Garden Room            Supported by Nitaya</p>	<p><b>2.30pm</b>  <b>Sectional Quiz with Abbie</b>            In the Studio            Supported by Carian</p>		
<p><b>Friday 10<sup>th</sup></b></p>	<p><b>10.45am</b>  <b>Keep Fit with Joanna</b>            In the Garden Room            Supported by Kaitlin</p>	<p><b>2.30pm</b>  <b>Crosswords with Nitaya</b>            In The Garden room            Supported by Kaitlin</p>		
<p><b>Saturday 11<sup>th</sup></b></p>	<p><b>11.00am</b>  <b>Morning Walk With Abbie</b>            In the Garden            Supported by Vilai</p>	<p><b>2.30pm</b>  <b>Easter Crafts With Abbie</b>            In the Studio            Supported By Jo</p>		
<p><b>Sunday 12<sup>th</sup> Easter Sunday</b></p>	<p><b>10.45am</b>  <b>Knit &amp; Natter</b>            In the Garden Room            With Tracey</p>	<p><b>12pm</b>  <b>Pre Lunch drinks with Vilai</b></p>	<p><b>2.00pm Netflix Film “ Residents Choice” On the big screen In the Studio with Jo</b></p>	<p><b>4.30pm</b>            Residents choice of            Popular music being            played in the Garden            Room</p>

Quote of the week – Let your smile change the world, but don't let the world change your smile.

# **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.