

PENPERGWM HOUSE

Programme for week commencing Monday 14th September 2020

<p>Monday 14th</p>	<p>11.00am Sing-along with Abbie In the Garden room Supported by Cara</p>	<p>2.30pm Card club with Abbie In the Garden room Supported by Paula</p>		
<p>Tuesday 15th</p>	<p>10.45am Morning walk with Abbie Weather Permitting Supported by Sharon</p>	<p>3.00pm Residents Meeting with Abbie In the Dining Room</p>		
<p>Wednesday 16th</p>	<p>11.00am Autumn Crafts with Abbie In the Garden room Supported by Rhiannon</p>	<p>2.30pm Drive to Brecon with Abbie Supported by Autumn</p>	<p>3pm A variety of activities will be in the garden room.</p>	
<p>Thursday 17th</p>	<p>10.45am Armchair Yoga with Abbie In the Studio Supported by Jo</p>	<p>2.30pm Live music now On the Big Screen with Abbie In the Studio Supported by Sharon</p>		
<p>Friday 18th</p>	<p>11.00am Move it or lose it with Sharon In the Studio Supported by Cara</p>	<p>2.30pm onwards Current Affairs with Sharon In the Garden room Supported by Paula</p>		
<p>Saturday 19th</p>	<p>11.00am Crosswords with Vilai In the Garden Room</p>	<p>2.30pm David Attenborough series with Nitaya In the Garden room</p>		
<p>Sunday 20th</p>	<p>10.30am Coffee and Chat With Tracey In the Garden room</p>	<p>12.15pm Pre Lunch Sherry With Tracey</p>	<p>2.00pm Netflix Film Residents Choice On the big screen In the Studio With Autumn</p>	<p>4.30pm Resident's choice of Popular music being played in the Garden room.</p>
<p>Forthcoming events Harvest festival supper</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