





PENPERGWM HOUSE

Programme for week commencing Monday 7TH September 2020

<p>Monday 7th Happy Birthday John</p>	<p>11.00am Keep fit with Abbie In the Garden room Supported by Vilai</p>		<p>3.00pm Team Quiz with Abbie In the Garden Room Supported by Paula</p>	<p>THE QUIZ TEAM</p>
<p>Tuesday 8th</p>	<p>11.00am Bingo with Abbie In the Dining Room Supported by Carian</p>		<p>2.30pm Afternoon drive with Abbie Supported by Kaitlin</p>	<p>3.30pm Residents Choice of popular music In the Garden room</p>
<p>Wednesday 9th</p>	<p>11.00am Exercises with Abbie In the Studio room Supported by Autumn</p>		<p>2.30pm Andre Rieu Concert On the big screen with Abbie In the Studio Room Supported by Tracey</p>	
<p>Thursday 10th Happy Birthday Phyllis</p>	<p>11.00am IPads with Abbie In the Garden Room Supported by Jo</p>		<p>2.30pm Tea Dance with Abbie In the Garden Room Supported by Carian</p>	
<p>Friday 11th</p>	<p>10.45am Move it Exercise Session with Sharon In the Studio Supported by Autumn</p>		<p>2.30pm Basket weaving with Sharon In The Studio Supported by Carian</p>	
<p>Saturday 12th</p>	<p>10.45am Foot Spa with Sharon In the Therapy Room</p>		<p>2.30pm Board games With Sharon In the Garden room</p>	
<p>Sunday 13th</p>	<p>11.00am Knit and Natter With Autumn In the Garden room</p>	<p>12.15pm Pre Lunch drinks with Autumn</p>	<p>2.00pm Netflix Film Residents Choice On the big screen In the Studio Supported by Jo</p>	<p>4pm Residents Choice of popular music In the Garden room</p>
<p>Forthcoming events- Drive to Brecon Wednesday 16th September</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