

PENPERGWM HOUSE

Programme for week commencing Monday 18th January 2021

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| Monday 18th | 11:00am Animal Bingo with Abbie In the Garden Room Supported by Cara | 2.30pm with Abbie In the Garden Room Supported by Paula | |
| Tuesday 19th | 11.00am Move it or lose it with Abbie In the Garden Room Supported by Jo | 2.30pm Match the saying with Abbie In The Garden room Supported by Vilai |  |
| Wednesday 20th Happy Birthday Peggy | 11.00am Armchair Yoga With Abbie In the Garden room Supported by Carian | 2.30pm Sing-along With Abbie In the Garden Room Supported by Autumn | |
| Thursday 21st | 11.00am Keep Fit with In the Garden Room Supported by Jo | 2.30pm quiz With Abbie In the Garden room Supported by Autumn | |
| Friday 22nd | 11.00am Chair Based Exercises with Sharon In the Garden Room Supported by Paula | 2.30pm Hoopla with Sharon In the Garden Room Supported by | 3.30pm Residents choice of Popular music being played in the Garden Room with Cara |
| Saturday 23rd | 11.00am Knitting Circle with Vilai In the Garden room | 2.30pm Word Scramble with Katrina In the Garden Room | |
| Sunday 24th | 10.30am Join Us For Coffee Followed by Puzzles with Nitaya | 12.00pm Pre Lunch drinks with Nitavya | 2.00pm Netflix Film " Residents Choice" On the big screen In the Garden Room with Katrina |
| | | | 4.30pm Residents choice of Popular music being played in the Garden Room |

Let the troubles of the past year be left behind as we look forward to a new year filled with love and fresh opportunities.

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