

PENPERGWM HOUSE

Programme for week commencing Monday 4th January 2021

<p>Monday 4th</p>	<p>11:00am Sit to Get Fit with Abbie In the Garden Room Supported by Cara</p>		<p>2.30pm Flower Arranging with Abbie In the Garden Room Supported by Paula</p>	
<p>Tuesday 5th</p>	<p>11.00am Bingo with Abbie In the Garden Room Supported by Jo</p>		<p>2.30pm Match the saying with Abbie In The Garden room Supported by Vilai</p>	
<p>Wednesday 6th</p>	<p>11.00am Exercise session With Abbie In the Garden room Supported by Carian</p>		<p>2.30pm Vera Lynn Sing-along With Abbie In the Garden Room Supported by Autumn</p>	
<p>Thursday 7th</p>	<p>11.00am Bring your Photos and lets Reminisce with Abbie In the Garden Room Supported by Jo</p>		<p>2.30pm Decade quiz With Abbie In the Garden room Supported by Autumn</p>	
<p>Friday 8th</p>	<p>11.00am Keep Fit with Sharon In the Garden Room Supported by Paula</p>		<p>1.30pm onwards Hair salon with Sharon In the Therapy Room</p>	<p>2.30pm Residents choice of Popular music being played in the Garden Room with Cara</p>
<p>Saturday 9th</p>	<p>11.00am Art therapy with Vilai In the Garden room</p>		<p>2.30pm Word Scramble with Katrina In the Garden Room</p>	
<p>Sunday 10th</p>	<p>10.30am Join Us For Coffee Followed by Puzzles with Nitaya</p>	<p>12.00pm Pre Lunch drinks with Nitatva</p>	<p>2.00pm Netflix Film "Residents Choice" On the big screen In the Garden Room with Katrina</p>	<p>4.30pm Residents choice of Popular music being played in the Garden Room</p>
<p>Let the troubles of the past year be left behind as we look forward to a new year filled with love and fresh opportunities.</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