

PENPERGWM HOUSE

Programme for week commencing Monday 12th April 2021

Monday 12 th	11:00am Morning walk with Abbie Supported by Rhiannon		2.45pm Father Johns Church Service with Abbie In the Garden Room Supported by Jo	3.15pm Residents Choice of Popular music in the garden room
Tuesday 13 th	11.00am Crafts with Abbie In the Garden Room Supported by Jo		2.45pm Guess the Riddle With Abbie In the Dining room Supported by Vilai	
Wednesday 14 th	11.00am Keep fit with Abbie In the Garden room Supported by Rhiannon		2.30pm Afternoon Drive with Abbie	2.30pm Daniel O'Donnell On the big screen In the Garden Room with Autumn
Thursday 15 th	11.00am Ipad session with Abbie In the Garden Room Supported by Cara		2.45pm Finish the Sentence with Abbie In The Dining room Supported by Tegan	
	Chiropodist will be in Today			
Friday 16 th	11.00am Move it or lose it with Sharon In the Garden Room Supported by Tegan		2.30pm Current Affairs with Sharon In the Garden room Supported by Autumn	
	Chiropodist will be in Today			
Saturday 17 th	11.00am Reminiscing with Jo In the Garden room		2.30pm Pianist Dorina will be playing in the Reception area Supported by Nitaya	
Sunday 18 st	11.00am Crosswords with Autumn In the Garden Room	12.30pm Pre Lunch drinks with Nitaya	2.00pm Netflix Film On the big screen In the Garden Room with Autumn	2.30pm Daniel O'Donnell On the big screen In the Garden Room with Autumn
<i>After Every Storm Comes A Rainbow.</i>				

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