

# PENPERGWM HOUSE

## Programme for week commencing Monday 17<sup>th</sup> May 2021

<p><b>Monday</b> 17<sup>th</sup></p>	<p><b>11:00am</b> <b>Exercise class with Abbie</b> In the Garden Room Supported by Tegan</p>		<p><b>2.45pm</b> <b>Church Service on the big screen with Father John</b> In The Garden room Supported by Katy</p>	
<p><b>Tuesday</b> 18<sup>th</sup></p>	<p><b>11.00am</b> <b>Ipads with Abbie</b> In the Garden Room Supported by Rhiannon</p>	<p><b>Mary the Hairdresser will be in Today</b></p>	<p><b>2.45pm</b> <b>Music Quiz with Abbie</b> In the Garden room Supported by Vilai</p>	
<p><b>Wednesday</b> 19<sup>th</sup></p>	<p><b>11.00am</b> <b>Morning walk with Abbie</b> Weather Permitting Supported by Autumn</p>		<p><b>2.45pm</b> <b>Bingo with Abbie</b> In the Dining Room Supported by</p>	
<p><b>Thursday</b> 20<sup>th</sup></p>	<p><b>11.00am</b> <b>The Big Cheese with Abbie</b> In the Garden Room Supported by Jo</p>		<p><b>2.45pm</b> <b>Andre Rieu on the Big Screen with Vilai</b> In the Garden room</p>	
<p><b>Friday</b> 21<sup>st</sup></p>	<p><b>11.00am</b> <b>Armchair Yoga with Sharon</b> In the Garden Room Supported by</p>		<p><b>2.30pm</b> <b>Afternoon Drive with Sharon</b></p>	
<p><b>Saturday</b> 22<sup>nd</sup></p>	<p><b>11.00am</b> <b>Board Games with Jo</b> In the Garden room</p>		<p><b>2.45pm</b> <b>Word Scramble with Cara</b> In the Garden room</p>	
<p><b>Sunday</b> 23<sup>rd</sup></p>	<p><b>11.00am</b> <b>Puzzles with Tegan</b> In the Garden room</p>	<p><b>12.30pm</b> <b>Pre Lunch drinks with Tegan</b></p>	<p><b>2.00pm Netflix Film</b> <b>On the big screen</b> In the Garden Room with Jo</p>	

*Forthcoming Events – Wednesday 26<sup>th</sup> May Traditional Variety Show in the Garden.*

# **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.