

PENPERGWM HOUSE

Programme for week commencing Monday 24th May 2021

<p>Monday 24th Happy Birthday Barbara C</p>	<p>11:00am Morning walk with Abbie Supported by Tegan</p>		<p>2.30pm Father Johns Church Service with Abbie In the Garden Room Supported by Sharon</p>	<p>3.30pm Dorina will be Playing the Piano in the reception area</p>
<p>Tuesday 25th</p>	<p>11.00am Memory lane Sing-along with Abbie In the Garden Room Supported by Autumn</p>		<p>2.45pm Food Tasting with Abbie In the Garden Room Supported by Vilai</p>	
<p>Wednesday 26th</p>	<p>11.00am Keep fit with Abbie In the Garden room Supported by Cara</p>		<p>2.30pm Artist Michael will be performing his Traditional variety show on the Terrace Supported by Abbie &</p>	
<p>Thursday 27th</p>	<p>11.00am Treasures of the Past and Abbie In the Garden Room Supported by</p>		<p>2.30pm Card Crafts with Abbie In The Garden room Supported by Nitaya</p>	
<p>Friday 28th</p>	<p>11.00am Move it or lose it with Sharon In the Garden Room Supported by Nitaya</p>		<p>2.30pm Afternoon drive with Sharon</p>	
<p>Saturday 29th</p>	<p>11.00am Cards with Jo In the Garden room</p>		<p>2.30pm with Sharon In the Garden Room</p>	
<p>Sunday 30th</p>	<p>11.00am Residents Choice of activity with Jo In the Garden Room</p>	<p>12.30pm Pre Lunch drinks with</p>	<p>2.00pm Netflix Film On the big screen In the Garden Room with Autumn</p>	

Every day is a fresh start.

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.