

PENPERGWM HOUSE

Programme for week commencing Monday 7th June 2021

<p>Monday 7th</p>	<p>11.00am Keep fit with Rhiannon In the Garden room</p>		<p>2.30pm Pianist Dorina will be playing In the Reception Area Supported by Nitaya</p>	
<p>Tuesday 8th</p>	<p>11.00am Puzzles with Jo In the Garden room</p>		<p>2.30pm Hoopla with Sharon In the Garden room</p>	
<p>Wednesday 9th</p>	<p>11.00am Sit to get fit with Nitaya In the Garden room</p>		<p>2.30pm Pam Ayres Poetry In the Garden room with</p>	<p>4.00pm Resident's choice of Popular music being played in the Garden room.</p>
<p>Thursday 10th</p>	<p>11.00am The big cheese with Jo In the Garden Room</p>		<p>2.30pm Art therapy With Cara In the Garden Room</p>	
<p>Friday 11th</p>	<p>11.00am Move it or lose it with Sharon In the Garden Room Supported by Vilai</p>		<p>2.30pm Afternoon Quiz with Sharon In the Garden room Supported by Jo</p>	
<p>Saturday 12th Queen's Birthday</p>	<p>11.00am Dominos with Cara In the Garden Room</p>		<p>2.30pm Tea Dance with Sharon In the Garden room</p>	
<p>Sunday 13th</p>	<p>10.30am Sing-along With Tegan In the Garden room</p>	<p>12.15pm Pre Lunch Sherry With Tegan</p>	<p>2.00pm Netflix Film On the big screen In the Garden room With Tegan</p>	<p>4.30pm Resident's choice of Popular music being played in the Garden room.</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