

# PENPERGWM HOUSE

## Programme for week commencing Monday 12<sup>th</sup> July 2021

<p><b>Monday 12<sup>th</sup></b></p>	<p><b>11.00am</b> <b>Exercises with Abbie</b> In the Garden Room Supported by Rhiannon</p>		<p><b>2.45pm</b> <b>Bingo with Abbie</b> In the Dining Room Supported by</p>	
<p><b>Tuesday 13<sup>th</sup></b></p>	<p><b>11.00am</b> <b>Making Cards with Abbie</b> In the Garden room Supported by Vilai</p>		<p><b>2.45pm</b> <b>Tasting Soft Drinks with Abbie</b> In The Garden Supported by Sharon</p>	
	<p><b>Mary the hairdresser will be in today</b></p>			
<p><b>Wednesday 14<sup>th</sup></b></p>	<p><b>11.00am</b> <b>Move it or lose it with Abbie</b> In the Garden Room Supported by Autumn</p>		<p><b>2.30pm</b> <b>Birds of Prey Show in the Garden</b> Supported by Abbie &amp; Vilai</p>	<p><b>4.00pm</b> <b>Residents Choice of Popular music in the Garden room</b></p>
<p><b>Thursday 15<sup>th</sup></b></p>	<p><b>11.00am</b> <b>Flower Arranging with Abbie</b> In the Garden Room Supported by Cara</p>		<p><b>2.30pm</b> <b>Music Quiz Questions with Abbie</b> In The Garden room Supported by Jo</p>	
<p><b>Friday 16<sup>th</sup></b></p>	<p><b>11.00am</b> <b>Keep Fit with Cara</b> In the Garden Room</p>		<p><b>2.30pm</b> <b>Dorina will be playing the piano in reception area supported by care team.</b></p>	
<p><b>Saturday 17<sup>th</sup></b></p>	<p><b>11:00am</b> <b>The Best of Vera Lynn with Paula</b> In the Garden Room</p>		<p><b>2.45pm</b> <b>Pam Ayres Part 2 On the Big Screen with</b> In the Garden room</p>	
<p><b>Sunday 18<sup>th</sup></b></p>	<p><b>11.00am</b> <b>Card Club with Tracey</b> In the Garden Room</p>	<p><b>12.00pm</b> <b>Pre Lunch drinks with Chloe</b></p>	<p><b>2.00pm</b> <b>"The Pianist"</b> On the big screen In the Garden Room with</p>	
<p><b>Forthcoming events- Father Johns Service Thursday 22<sup>nd</sup> July</b></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