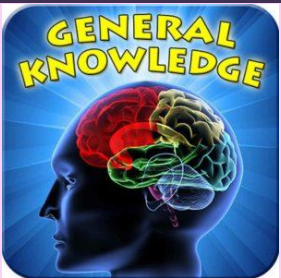





PENPERGWM HOUSE

Programme for week commencing Monday 19th July 2021

<p>Monday 19th</p>	<p>10.45am Morning walk with Abbie Weather Permitting Supported by Cara</p>		<p>2.30pm General Knowledge quiz with Abbie In the Garden room Supported by Jo</p>	
<p>Tuesday 20th</p>	<p>11.00am Ipads with Abbie In the Garden room</p>		<p>2.30pm Penpergwm Choir with Abbie In the Garden Room Supported by</p>	
	<p>Mary the hairdresser will be in today Supported by</p>			
<p>Wednesday 21st</p>	<p>11.00am Armchair Yoga with Abbie In the Garden room Supported by Ciara</p>		<p>2.30pm Raglan Castle Café with Abbie In the Garden room Supported by Autumn</p>	<p>3.30pm Resident's choice of Popular music being played in the Garden room.</p>
<p>Thursday 22nd</p>	<p>11.00am Photograph Memories with Abbie In the garden room Supported by Jo</p>		<p>2.45pm Current Affairs with Abbie In the Garden room</p>	
<p>Friday 23rd</p>	<p>11.00am Father Johns Service In the Garden Supported by Carian</p>		<p>2.30pm Keep Fit with Cara In the Garden room</p>	
<p>Saturday 24th</p>	<p>11.00am Board Games with In the Garden Room</p>		<p>2.30pm David Attenborough series with Nitaya In the Garden room</p>	
<p>Sunday 25th</p>	<p>10.30am Coffee and Chat With Tracey In the Garden room</p>	<p>12.15pm Pre Lunch Sherry With Tracey</p>	<p>2.00pm Netflix Film Residents Choice On the big screen In the Studio With Autumn</p>	<p>4.30pm Resident's choice of Popular music being played in the Garden room.</p>

Quote of the Week – The key to success is to focus on goals, Not obstacles.

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