

PENPERGWM HOUSE

Programme for week commencing Monday 5th July 2021

<p>Monday 5th</p>	<p>11.00am Keep fit with Abbie In the Garden Room Supported by Rhiannon</p>		<p>2.45pm Pam Ayres Poetry with Abbie In the Garden Room Supported by</p>	
<p>Tuesday 6th Happy Birthday Val</p>	<p>11.00am Morning Quiz with Abbie In the Garden room Supported by Vilai</p>		<p>2.45pm Tea Dance with Abbie In The Garden room Supported by Sharon</p>	
	<p>Mary the hairdresser will be in today</p>			
<p>Wednesday 7th</p>	<p>11.00am Move it or lose it with Abbie In the Garden Room Supported by Autumn</p>		<p>2.30pm Trip out to The Lamb & Flag with Abbie Supported by Vilai</p>	
<p>Thursday 8th</p>	<p>11:00am Archery On the Lawn with Abbie Supported by katy</p>		<p>2.30pm Seaside Crafts with Abbie In The Garden room Supported by Jo</p>	
	<p>Chiropodist will be in Today</p>			
<p>Friday 9th</p>	<p>11.00am Morning exercises with Abbie In the Garden Room Supported by Cara</p>		<p>2.30pm Words in Words with Abbie In the Garden room Supported by Paula</p>	
	<p>Chiropodist will be in Today</p>			
<p>Saturday 10th</p>	<p>11:00am Welsh session with Paula In the Garden Room</p>		<p>2.45pm Board Games with Sharon In the Garden room</p>	
<p>Sunday 11th Happy Birthday Flo</p>	<p>11.00am Sing-along with Tracey In the Garden Room</p>	<p>12.00pm Pre Lunch drinks with Chloe</p>	<p>2.00pm Netflix Film "Residents Choice" On the big screen In the Garden Room with Chloe</p>	<p>4.00pm Residents Choice of Popular music in the Garden room</p>
<p>Forthcoming events – Birds of Prey Show Wednesday 14th July.</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