

# PENPERGWM HOUSE

Programme for week commencing Monday 1<sup>st</sup> November 2021

|                                                                       |                                                                                        |                                                        |                                                                                                             |                                                                                       |
|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p><b>Monday</b><br/>1<sup>st</sup><br/>November</p>                  | <p>11.00am<br/>Keep fit<br/>With Tegan<br/>In the Garden room</p>                      |                                                        | <p>2.45pm<br/>Knitting Circle<br/>With Vilai<br/>In the Garden room</p>                                     |    |
| <p><b>Tuesday</b><br/>2<sup>nd</sup></p>                              | <p>11.00am<br/>Ipad With Abbie<br/>In the Garden room</p>                              |                                                        | <p>2.45pm<br/>Discussion<br/>"School Days"<br/>With Abbie<br/>In the Dining Room<br/>Supported by Vilai</p> |    |
|                                                                       | <p>Mary the Hairdresser will be in<br/>Today</p>                                       |                                                        |                                                                                                             |                                                                                       |
| <p><b>Wednesday</b><br/>3<sup>rd</sup></p>                            | <p>11.00am<br/>Morning exercises<br/>with Abbie<br/>In the Garden room</p>             |                                                        | <p>2.30pm<br/>Trip out with Abbie<br/>Supported by Katrina</p>                                              | <p>3pm<br/>Variety of Activities<br/>In the Garden room</p>                           |
| <p><b>Thursday</b><br/>4<sup>th</sup></p>                             | <p>11.00am<br/>Words in words<br/>with Abbie<br/>In the Garden Room</p>                |                                                        | <p>2.30pm<br/>Art Therapy<br/>with Abbie<br/>In the Garden Room</p>                                         |  |
| <p><b>Friday</b><br/>5<sup>th</sup></p>                               | <p>11.00am<br/>Sit to get Fit Exercise<br/>with Nitaya<br/>In the Garden room</p>      |                                                        | <p>2.30pm<br/>Daniel O'Donnell<br/>on the Big Screen<br/>with Tegan<br/>In the Garden Room</p>              |  |
| <p><b>Saturday</b><br/>6<sup>th</sup><br/>Happy Birthday<br/>Stan</p> | <p>11.00am<br/>Dominos with Jo<br/>In the Garden Room</p>                              |                                                        | <p>2.30pm<br/>Sing-along on the big<br/>screen<br/>With Keznie<br/>In the Garden room</p>                   |  |
| <p><b>Sunday</b><br/>7<sup>th</sup><br/>Happy<br/>Birthday Doug</p>   | <p>11.00am<br/>Residents Choice of<br/>Activity<br/>With Jo<br/>In the Garden room</p> | <p>12.15pm<br/>Pre Lunch<br/>Sherry<br/>With Vilai</p> | <p>2.00pm<br/>Netflix Film<br/>On the big screen<br/>In the Garden room<br/>Vilai</p>                       |  |
| <p>Remembrance Day 11<sup>th</sup> November.</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