

PENPERGWM HOUSE

Programme for week commencing Monday 15th November 2021

<p>Monday 15th Happy 100th Birthday Dorina</p>	<p>11.00am Keep fit With Abbie In the Garden room Supported by Tegan</p>			
<p>Tuesday 16th</p>	<p>11.00am Higher or Lower With Abbie In the Garden room</p>	<p>2.45pm Quiz Ball with Abbie In the Garden Room Supported by Vilai</p>		
<p>Wednesday 17th</p>	<p>11.00am Move it Exercise session with Abbie In the Garden Room Supported by Nitaya</p>	<p>2.00pm Trip Out with Abbie Supported by Vilai</p>	<p>3.30pm Resident's choice of Netflix Series in the Garden room.</p>	
<p>Thursday 18th</p>	<p>11.00am Let's Talk about Happy Memories, Family & Your Life with Abbie In the Garden Room</p>	<p>2.30pm Christmas card entry for CSSIW Competition with Abbie In the Garden Room Supported by Chloe</p>		
<p>Friday 19th</p>	<p>11.00am Sit to get fit session with Carer In the Garden Room</p>	<p>2.30pm Massage Therapy with Holly In the Garden Room Supported by Craig</p>		
<p>Saturday 20th</p>	<p>11.00am Board Games with Tegan In the Garden Room</p>	<p>2.30pm Pianist Dorina In the Reception area Supported by Cara</p>		
<p>Sunday 21st</p>	<p>11.00am Sing-along With Vilai In the Garden room</p>	<p>12.15pm Pre Lunch Sherry With Vilai</p>	<p>2.00pm Netflix Film On the big screen In the Garden Room With Tegan</p>	
<p>Forthcoming event – Wednesday 24th Trip out Christmas shopping.</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