

PENPERGWM HOUSE

Programme for week commencing Monday 22nd November 2021

<p>Monday 22nd Happy Birthday Joan</p>	<p>11.00am Exercise session With Abbie In The Garden Room Supported by Cara</p>		<p>2.45pm Christmas" Poem competition With Abbie In the Garden room Supported by Vilai</p>	<p>CHRISTMAS POEM Christmas is snow Christmas is light Christmas is home and candles bright</p>
<p>Tuesday 23rd Happy Birthday Jackie</p>	<p>11.00am Bingo with Abbie In the Dining room Supported by Jo</p>	<p>3pm Cheese and Meat Tasting With Abbie In the Dining Room Supported by Tegan</p>		
<p>Wednesday 24th</p>	<p>11.00am Armchair yoga With Abbie In the Garden room Supported by Craig</p>	<p>2.00pm Christmas Shopping trip With Abbie Supported by Chloe</p>	<p>3pm Residents Choice of Activity in the Garden Room</p>	
<p>Thursday 25th</p>	<p>11.00am Crafts with Cara In the Garden Room</p>	<p>2.45pm Welsh session with Tegan In the Dining Room</p>		
<p>Friday 26th</p>	<p>11.00am Father Johns Church service In the Garden Room Supported by Jo</p>	<p>2.30pm Crochet & Knitting Club With Keznie In the Garden room</p>		
<p>Saturday 27th Happy Birthday David A</p>	<p>11.00am Keep fit With Craig In the Garden Room</p>		<p>3.00pm Birthday Sing-along With David In the Garden Room Supported by Keznie</p>	
<p>Sunday 28th</p>	<p>11.00am Crossword Puzzles With Vilai In the Garden Room</p>	<p>12.15pm Pre Lunch drinks with Vilai</p>	<p>2.30pm Netflix Film On the big screen In the Garden room with Vilai</p>	<p>3.30pm Residents choice of popular music will be played in the garden room</p>
<p>Forthcoming event- December 3rd Boardman Ferla Duo (mezzo-soprano and pianist)</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