

# PENPERGWM HOUSE

## Programme for week commencing Monday 30th November 2021

<p><b>Monday</b> 29<sup>TH</sup></p>	<p><b>11.00am</b> <b>Exercises With Abbie</b> In the Garden room Supported by Rhiannon</p>		<p><b>2.30pm</b> <b>Scrabble and Dominos</b> <b>With Abbie</b> In the Garden Room Supported by Paula</p>	
<p><b>Tuesday</b> 30<sup>th</sup></p>	<p><b>11:00am</b> <b>Brain Teasers with Abbie</b> In the Garden Room Supported by Paula</p>		<p><b>2.30pm</b> <b>Tree Decoration</b> <b>Crafts</b> <b>with Abbie</b> In the Garden Room Supported by Paula</p>	
	<p><b>Mary The Hairdresser will be in Today</b></p>			
<p><b>Wednesday</b> 1<sup>st</sup> <b>December</b></p>	<p><b>11.00am</b> <b>Morning Exercises with Abbie</b> In the Garden Room Supported by Cara</p>		<p><b>2.30pm</b> <b>Trip out weather</b> <b>Permitting with Abbie</b> Supported by Autumn</p>	<p><b>2.30pm</b> <b>Residents choice of</b> <b>Popular music being</b> <b>played in the Garden</b> <b>Room</b></p>
<p><b>Thursday</b> 2<sup>nd</sup></p>	<p><b>11.00am</b> <b>Painting with Acrylics</b> In the Garden Room Supported by Chloe</p>		<p><b>2.30pm</b> <b>Afternoon Quiz</b> <b>with Abbie</b> In the Garden Room Supported by Vilai</p>	
<p><b>Friday</b> 3<sup>rd</sup></p>	<p><b>11.00am</b> <b>Keep Fit with Teagan</b> In the Garden Room</p>		<p><b>2.30pm</b> <b>Boardman Ferla Duo</b> <b>(mezzo-soprano and</b> <b>pianist)</b> In The Garden Room Supported by Cara</p>	
<p><b>Saturday</b> 4<sup>th</sup></p>	<p><b>11.00am</b> <b>The Big cheese</b> <b>With Jo</b> In the Garden Room</p>		<p><b>2.30pm</b> <b>The Three Tenors</b> <b>With Autumn</b> In the Garden Room</p>	
<p><b>Sunday</b> 5<sup>th</sup></p>	<p><b>10.30am</b> Join us for Coffee with Nitaya</p>	<p><b>12pm</b> Pre Lunch drinks with Nitaya</p>	<p><b>2.00pm</b> Netflix Film "Residents Choice" On the big screen In the Garden Room With Autumn</p>	<p><b>4.30pm</b> Residents choice of Popular music being played in the Garden Room</p>
<p><b>Forthcoming Events- Christmas Panto – Cinderella on the big screen Wednesday 8<sup>th</sup> December.</b></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