



# PENPERGWM HOUSE



## Programme for week commencing Monday 8<sup>th</sup> November 2021

<p><b>Monday</b> 8<sup>th</sup> Happy Birthday Pat</p>	<p><b>11.00am</b> Keep fit <b>With Abbie</b> In the Garden room Supported by Autumn</p>		<p><b>2.30pm</b> Skittles with Abbie In the Garden room Supported by Rhiannon</p>	
<p><b>Tuesday</b> 9<sup>th</sup> Happy 100<sup>TH</sup> Birthday Alan</p>	<p><b>11.00am</b> Current Affairs With Abbie In the Garden room Supported by Chloe</p>			
<p><b>Wednesday</b> 10<sup>th</sup></p>	<p><b>11.00am</b> Morning exercises <b>with Abbie</b> In the Studio Supported by Sharon</p>		<p><b>2.30pm</b> Trip Out with Abbie Supported by Vilai</p>	<p>3.30pm Resident's choice of Popular music being played in the Garden room.</p>
<p><b>Thursday</b> 11<sup>th</sup> Remembrance Day</p>	<p><b>11.00am</b> 2 Minutes Silance with Abbie In the Garden Room Supported by Cara</p>		<p><b>2.30pm</b> Poppy Crafts with Abbie In the Garden Room Supported by Bethan</p>	
<p><b>Friday</b> 12<sup>th</sup></p>	<p><b>11.00am</b> Move it Exercise session <b>with</b> In the Garden Room</p>		<p><b>2.30pm onwards</b> <b>with</b> Supported by Rhiannon</p>	
<p><b>Saturday</b> 13<sup>th</sup></p>	<p><b>11.00am</b> Word scramble with Sharon In the Garden Room</p>		<p><b>2.30pm</b> <b>with Sharon</b> In the Garden room</p>	
<p><b>Remembrance</b> <b>Sunday</b> 14<sup>th</sup></p>	<p><b>11.00am</b> With Bethan In the Garden room</p>	<p><b>12.15pm</b> Pre Lunch Sherry With Bethan</p>	<p><b>2.00pm</b> Netflix Film On the big screen In the Studio With Rhiannon</p>	
<p style="text-align: center;"><b>Lest we forget.</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

