

PENPERGWM HOUSE

Programme for week commencing Monday 23rd May 2022

<p>Monday 23rd</p>	<p>11:00am Morning walk with Sue Weather permitting Supported by</p>		<p>2.30pm The Big Cheese with Sue In the Garden Room Supported by</p>	<p>4.30pm Residents choice of popular music will be played in the Garden room</p>
<p>Tuesday 24th Happy Birthday Barbara C</p>	<p>11.00am General Knowledge Quiz With Sharon In the Garden Room</p>		<p>2.45pm Piano Music with Dorina In Reception Supported by Sharon</p>	
<p>Wednesday 25th Happy Birthday David P</p>	<p>11.00am Keep fit with Debbie In the Garden room Supported by</p>		<p>2.30pm Words within Words With Debbie At Penpergwm Club Supported by</p>	
<p>Thursday 26th</p>	<p>11.00am Treasures of the Past with Sharon At Penpergwm Club Supported by a Carer</p>		<p>2.30pm Garden Flower hunt with Sharon In The Garden Supported by</p>	
<p>Friday 27th</p>	<p>11.00am Move it or lose it with In the Garden Room</p>		<p>2.30pm The Best of Frank Sinatra With In the Garden room</p>	
<p>Saturday 28th</p>	<p>11.00am Dominos with In the Garden room</p>		<p>2.30pm Art Club with In the Garden Room</p>	
<p>Sunday 29th</p>	<p>11.00am Nail Bar with In the Garden Room</p>	<p>12.30pm Pre Lunch drinks with Nitaya</p>	<p>2.00pm Netflix Film On the big screen In the Garden Room with Craig</p>	
<p>70th Jubilee Celebrations All Next Week.</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.