

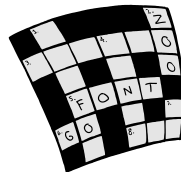
PENNS MOUNT ACTIVITY DIARY SEPTEMBER 2017

September always makes me think of going back to school after the summer holidays. I didn't really enjoy my school days much as I seemed always cold or late and sometimes both!

My first school was a tiny little Victorian Building. It had two classrooms and was freezing in winter! It was run by a Miss Rutherford who walked with a stick.

WE HAVE THREE BIRTHDAYS IN SEPTEMBER: JEAN ON 6TH,
GLADYS ON 7TH AND VALERIE ON 26TH.

EVERY AFTERNOON THERE WILL BE AN ACTIVITY - USUALLY AT
2.45PM IN THE LOUNGE (UNLESS SPECIFIED OTHERWISE)



Our hairdresser 'Lorna,' visits every Tuesday and Thursday.

'Juliet' the chiropodist visits every four to six weeks.

Rosy, our aromatherapist, visits on 28th September and offers a 20 minute massage session for £12.00. She offers an initial trial session free of charge. To book regular appointments please ask a carer to put you on the list.

Manicures can be given by arrangement.

Catch the still September use the garden when the weather is good.

Fish and chip Fridays outside until the end of September if fine

Please ask a carer if you need assistance.

If you prefer not to be involved with the church services, please ask a carer to help you to another area of the Home.

PENNS MOUNT ACTIVITY DIARY – SEPTEMBER 2017 – AT 2.45PM UNLESS STATED OTHERWISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				Fish and chip Friday outside and 2.30pm – Flower arranging	9.30am Church 2.45pm Daily Sparkle chat	Ten pin bowling
4	5	6	7	8	9	10
Cockney rhyme time	<i>Hairdresser in today</i> Chit chat club	<i>Jean birthday Afternoon tea and 1950's music theme</i>	<i>Gladys birthday Join in with Liz Heale on her accordion</i>	Fish and chip Friday outside and Bingo	9.30am Church 2.45pm Daily Sparkle chat	Parachute games
11	12	13	14	15	16	17
Fruit & Veg game	<i>Hairdresser in today</i> Chit chat club Home library visit	Moments with Lorraine - School days	2.30pm – Move it or Lose it	Fish and chip Friday outside and Bingo	9.30am Church 2.45pm – Daily Sparkle chat	Ten pin bowling
18	19	20	21	22	23	24
Anna & Pippa entertain	<i>Hairdresser in today</i> Chit chat club	Name that Song	2.30pm – Move it or Lose it	Fish and chip Friday outside and Bingo	9.30am Church 2.45pm Daily Sparkle chat	Ten Pin Bowling
25	26	27	28	29	30	
Harvest festival lunch followed by Liz Heale on her accordion playing harvest hymns and familiar songs	<i>Valerie's birthday Hairdresser in today Emma plays her clarinet</i>	Moments with Lorraine - making bean bags	Aromatherapy visit & the carers offer manicures	Fish and chip Friday outside and Bingo	9.30am Church 2.45pm Daily Sparkle chat	