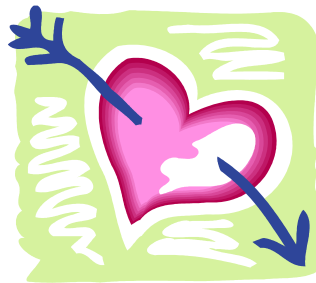


PENNS MOUNT ACTIVITY DIARY FEBRUARY 2018

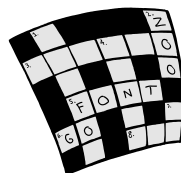
*A hundred hearts would be too few
to carry all my love for you.*

*Must, bid the Morn awake!
Sad Winter now declines,
Each bird doth choose a mate;
This day's Saint Valentine's.
- Michael Drayton*



WE HAVE ONE BIRTHDAY IN FEBRUARY – DAVID'S ON 16th

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.

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

Rosy, our aromatherapist, visits on 1st and 8th February 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.

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 – FEBRUARY 2018 – AT 2.45PM UNLESS STATED OTHERWISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			Aromatherapy + manicures	Making a storm	9.30am Church 2.45pm – Daily Sparkle chat	Bingo
5	6	7	8	9	10	11
Liz Heale entertains	<i>Hairdresser in today</i> Home Library visit Chit chat with Connie - February	Moments with Lorraine	Aromatherapy + manicures	2.30pm Flower arranging with Susan Oliver	9.30am Church 2.45pm – Daily Sparkle chat	Skittles
12	13	14	15	16	17	18
2.30 pm Animal Antics	<i>Hairdresser in today</i> Connie's cooking - pancakes	Valentine's Day celebrations	2.30pm Move it or Lose it with Diz	<i>David's birthday</i> Emma entertains	9.30am Church 2.45pm – Celebrate Chinese New Year, making Chinese lanterns	Bingo
19	20	21	22	23	24	25
Anna & Pippa entertain	<i>Hairdresser in today</i> Chit chat with Connie – On the buses	Moments with Lorraine	2.30pm Move it or Lose it with Diz	Daily Sparkle chit-chat time and big balloon fun	9.30am Church 2.45pm Bingo	Skittles
26	27	28				
Afternoon at the races with Karen	<i>Hairdresser in today</i> Connie's cooking – Kellogs chocolate cornflake cakes	Short stories				