

PENNS MOUNT ACTIVITY DIARY JANUARY 2018

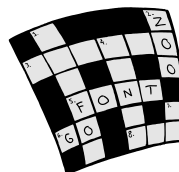
New Year Cheer

At the sound of the tolling midnight bell
A brand new year will begin
Let's raise our hopes in a confident toast,
To the promise it ushers in.
May your battles be few, your pleasures many,
Your wishes and dreams fulfilled.
May your confidence stand in the face of loss
And give you the strength to rebuild.
May peace of heart fill all your days
May serenity grace your soul.
May tranquil moments bless your life
And keep your spirit whole.
Happy New Year!



WE HAVE ONE BIRTHDAY IN JANUARY – MARGARET S ON 7TH

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 4th and 18th January 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 – JANUARY 2018 – AT 2.45PM UNLESS STATED OTHERWISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
Happy New Year Celebratory Lunch	<i>Hairdresser in today</i> Home Library visit 2.45pm – Daily Sparkle chat	Craft with Lorraine	Aromatherapy visit & the carers offer manicures	Talking about the Pub!	9.30am Church 2.45pm – Daily Sparkle chat	<i>Margaret Straker birthday</i> 2.45pm Bingo
8	9	10	11	12	13	14
Liz Heale entertains	<i>Hairdresser in today</i> 2.45pm Pub Quiz with a glass of wine, sherry or lager	Ten Pin Bowling	2.30pm – Move it or Lose it with Diz	2.30pm – Flower arranging	9.30am Church 2.45pm – Daily Sparkle chat	Choose your favourite TV programme 2.45pm Bingo
15	16	17	18	19	20	21
Anna & Pippa entertain	<i>Hairdresser in today</i> 2.30pm – Singing for MacMillan	Moments with Lorraine	Aromatherapy visit & the carers offer manicures	Balloon Fun	9.30am Church 2.45pm – Daily Sparkle chat	Choose your favourite TV programme 2.45pm Bingo
22	23	24	25	26	27	28
Story telling	<i>Hairdresser in today</i> 2.45pm – Daily Sparkle chat	More story telling	2.30pm – Move it or Lose it with Diz	Ten Pin Bowling	9.30am Church 2.45pm Daily Sparkle chat	Choose your favourite TV programme 2.45pm Bingo
29	30	31				
An afternoon at the races with Karen	<i>Hairdresser in today</i> 2.45pm – Daily Sparkle chat	Moments with Lorraine				