

PENNS MOUNT ACTIVITY DIARY MARCH 2018

SPRING

The daffodils are golden and birds are on the wing
My heart leaps with rejoicing for suddenly its spring!

All around new life is stirring in bird and bush and
tree

And the warm earth is yielding its joy for you and me

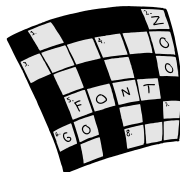
In mossy woods the violet stands fragile in the shade
While clumps of yellow primrose are scattered
through the glade

Gone are the long dark evenings with winters snow
and rain

My soul looks up with rapture for spring is here again
by Iris Hall

WE HAVE TWO BIRTHDAYS IN MARCH – BETTY'S ON 5TH AND
JOAN'S ON 21ST

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 8th and 22nd March 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 – MARCH 2018 – AT 2.45PM UNLESS STATED OTHERWISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			Celebrating St David's Day	A-Z of birds followed by British bird life DVD	9.30am Church Daily Sparkle chit chat time	Bingo
5	6	7	8	9	10	11
Betty's birthday 'You must remember this' and 'Dads Army' DVD's Followed by birthday tea in the lounge	Hairdresser in today Home Library visit Connie's games 'The price is right'	Craft with Lorraine 'making daffodils'	Crufts starts today follow it on TV together in the lounge Aromatherapy visit & the carers offer manicures	Crufts follow it on TV together in the lounge A-Z of dogs and other doggy stuff!	9.30am Church Daily Sparkle chit chat time	Mothers Day Crufts follow it on TV together The origins and traditions of Mothers day with poems about mothers
12	13	14	15	16	17	18
Skittles	Hairdresser in today Connie's cooking club 'Irish tea loaf'	Lorraine's table time topics - Making Irish shamrocks	2.30pm Move it or Lose it with Diz	2.30pm Flower arranging with Susan	9.30am Church St Patricks Day - who was he? Come and find out more followed by a quiz and Guinness and Baileys	Movie time 'Shall we Dance' with Fred Astaire and Ginger Rogers
19	20	21	22	23	24	25
Anna & Pippa entertain on the piano	Hairdresser in today Connie's games 'Elastic Band fun'	The first day of spring Joan's birthday Liz Heale entertains followed by birthday tea in the lounge	Aromatherapy visit & the carers offer manicures	Recalling Spring flowers and a DVD of Spring At Wisely	9.30am Church Daily Sparkle chit chat time	Spring cleaning How did you do it?
26	27	28	29	30	31	1
Skittles	Hairdresser in today Connie's cooking club 'Easter biscuits'	Craft with Lorraine Easter decorations	2.30pm Move it or Lose it with Diz	Good Friday traditions and songs from the movies and quiz	9.30am Church Daily Sparkle chit chat time	Easter Sunday The origins of Easter eggs, Easter quiz and chocolate quiz

