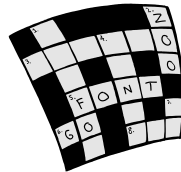


PENNS MOUNT ACTIVITY DIARY JULY 2018

'Weather'

Whether the weather be fine,
Or whether the weather be not,
Whether the weather be cold,
Or whether the weather be hot,
We'll weather the weather
Whatever the weather
Whether we like it or not!

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



Our hairdresser 'Lorna,' visits every Tuesday and some Thursdays.
'Sally' the chiropodist visits every four to six weeks. Next visit is in August.

Rosy, our aromatherapist, visits on the 5th and 19th and offers a 20 minute massage sessions 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.

We encourage you to use the garden if the weather is 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 – JULY 2018 – AT 2.45PM UNLESS STATED OTHERWISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
						Parachute games
2	3	4	5	6	7	8
Wimbledon 2 nd -15 th 'Anyone for tennis.' Try your ball skills	<i>Hairdresser in today</i> 2pm Rydon School Choir	Moments with Lorraine- making lemon barley water a classic Wimbledon drink	Rosy offers Aromatherapy + the carers offer manicures	Fish & Chip Friday in the grounds if fine followed by Bingo	9.30am Church 2.45pm Daily Sparkle chat	Ten Pin Bowling and/or the Daily Sparkle chit chat time
9	10	11	12	13	14	15
11am St Michaels School choir	<i>Hairdresser in today</i> Craft with Connie Making Pom Poms	'Name that Song' We will be listening to 8 old time songs for you to name	2.30pm Move it or Lose it with Diz	Fish and Chip Friday in the grounds if fine followed by Bingo	9.30am Church 2.45pm – tomorrow is St Swithin's Day quotes and rhymes about our weather	Wimbledon Final and FIFA world cup day Celebrate with strawberries and cream and sparkling wine
16	17	18	19	20	21	22
Anna & Pippa entertain	<i>Hairdresser in today</i> Recalling 'Days out and cafes' with Connie over a cuppa and cake together in the dining room	Moments with Lorraine -making pinch pots with modelling clay	Rosy offers Aromatherapy + the carers offer manicures, get your hands pampered and nails painted	Fish and Chip Friday in the grounds if fine followed by flower arranging at 2.30pm	9.30am Church 2.45pm Daily Sparkle chat	Ten pin Bowling and/or the Daily Sparkle chit chat time
23	24	25	26	27	28	29
Chit chat on 'Messing about on the river'	<i>Hairdresser in today</i> Connie exploring 'the smell of home remedies'	'Name the instrument' sound game	2.30pm Move it or Lose it with Diz	Fish and Chip Friday in the grounds if fine followed by Bingo	9.30am Church 2.45pm Seasonal art in the dining room	Ten pin Bowling and/or the Daily Sparkle chit chat time
30	31					
Recalling your favourite holidays together <i>England won the world cup on this day in 1966</i>	<i>Hairdresser in today</i> Pass the fruit and veg game					

