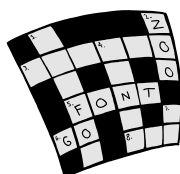


PENNS MOUNT ACTIVITY DIARY SEPTEMBER 2018

Lo! a ripe sheaf of many golden days
Gleaned by the year in autumn's harvest ways,
With here and there, blood-tinted as an ember,
Some crimson poppy of a late delight
Atoning in its splendour for the flight
Of summer blooms and joys
This is September.

WE HAVE THREE BIRTHDAYS THIS MONTH – JEAN ON 6TH, GLADYS ON 7TH AND MICHAEL ON 17TH

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.

Rosy, our aromatherapist, will visit on the 13th and 27th 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.

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 – SEPTEMBER 2018 – AT 2.45PM UNLESS STATED OTHERWISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					9.30am Church 2.45pm Daily Sparkle chat	Ten Pin Bowling
3	4	5	6	7	8	9
Bingo	<i>Hairdresser in today</i> 'And What ...' Quiz	Discussion – theme Evacuees	<i>Jean birthday</i> 11am – Move it or Lose it with Diz 2.45pm – Emma entertains + birthday cake	<i>Gladys birthday</i> 2.45pm – Liz Heale entertains + birthday tea	9.30am Church 2.45pm Daily Sparkle chat	Parachute games
10	11	12	13	14	15	16
'Be the bees knees' quiz	<i>Hairdresser in today</i> Last Night of the Proms	Moments with Lorraine	Rosy offers Aromatherapy + the carers offer manicures	Fish & Chip Friday outside followed by bingo	9.30am Church 2.45pm Daily Sparkle chat	Ten Pin Bowling
17	18	19	20	21	22	23
<i>Michael birthday</i> Anna & Pippa entertain followed by birthday tea	<i>Hairdresser in today</i> I went to the shop game	Moments with Lorraine	2.30pm Move it or Lose it with Diz	2.30pm – Flower arranging	9.30am Church 2.45pm Daily Sparkle chat	Beach ball games
24	25	26	27	28	29	30
Autumn poems	<i>Hairdresser in today</i> Wisley in the Autumn DVD	Moments with Lorraine – making lavender bags	Rosy offers Aromatherapy + the carers offer manicures	Fish & Chip Friday outside followed by bingo	9.30am Church 2.45pm Daily Sparkle chat	Ten Pin Bowling