

## PENNS MOUNT ACTIVITY DIARY NOVEMBER 2018

Oh what fun there is on Bonfire Night, to see all the fireworks exploding, so bright.  
Then, floating down, are endless coloured sparks, they disappear on the bright green  
grass.

The clouds are lit up with amazing fairy lights, all popping and whizzing at such a  
great height.

Down on the ground is the magnificent bonfire, a crackling, fiery monument, there to  
be admired.

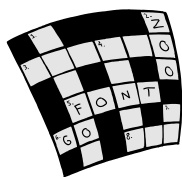
The laughter of children as they toast marshmallows, while fireworks above rage,  
scream and bellow.

The leaves on the trees are a coppery red, falling from branches that soon will be  
dead.

A snowflake drifts from the sky above, and I look at the guy with a mix of hate and  
love.

For if he hadn't marked the 5th of November, what would there be to remember,  
remember?

WE HAVE THREE BIRTHDAYS THIS MONTH – IRENE ON 11<sup>TH</sup>, STELLA  
ON 21<sup>ST</sup> AND GAYNA ON 22<sup>ND</sup>  
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 8<sup>th</sup> and 22<sup>nd</sup> November 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 – NOVEMBER 2018 – AT 2.45PM UNLESS STATED OTHERWISE**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			2.30pm Move it or Lose it with Diz	Moments with Lorraine – getting ready for Bonfire Night with edible chocolate sparklers	9.30am Church 2.45pm Discussion on bonfire night	Penny for the Guy!
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<i>Guy Fawkes Night</i> Bonfire art & poems, hot dogs and sparklers	<i>Hairdresser in today</i> Connie's Craft – potato print poppies	Moments with Lorraine – Diwali Festival of Light – come and find out more and how to wear an authentic Indian sari	Rosy offers Aromatherapy + the carers offer manicures Continuing the Indian theme at lunchtime	Stacking cups game	9.30am Church 2.45pm Daily Sparkle chat	<i>Irene birthday</i> <i>Remembrance Day</i> Wear your poppy with pride. We will remember them. 2.45pm – All about Armistice Day and 'You will remember this' DVD Birthday tea
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Liz Heale entertains	<i>Hairdresser in today</i> 2.45pm – A Fiery Quiz	Moments with Lorraine – songs and percussion	2.30pm Move it or Lose it with Diz	Moments with Lorraine – making Tiffin cake	9.30am Church 2.45pm Daily Sparkle chat	Bingo
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Anna & Pippa entertain	<i>Hairdresser in today</i> 2.45pm Ten Pin Bowling	<i>Stella birthday</i> Moments with Lorraine – making Christmas cards followed by birthday cake & candles	<i>Gayna birthday</i> Rosy offers Aromatherapy + the carers offer manicures Birthday tea in lounge	Emma entertains	9.30am Church 2.45pm Daily Sparkle chat	Bingo
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
Moments with Lorraine – stir a wish into the Christmas cake	<i>Hairdresser in today</i> Elastic band fun with Connie	Moments with Lorraine – making Christmas cards	2.30pm Move it or Lose it with Diz	2.30pm Flower arranging		

