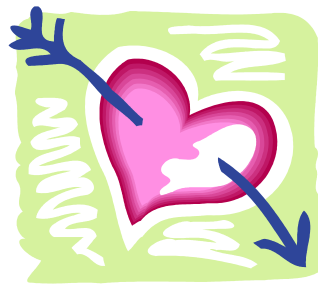


## PENNS MOUNT ACTIVITY DIARY FEBRUARY 2019

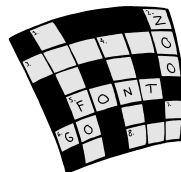
*A hundred hearts would be too few  
to carry all my love for you.*

*Must, bid the Morn awake!  
Sad Winter now declines,  
Each bird doth choose a mate;  
This day's Saint Valentine's.*  
- Michael Drayton



WE HAVE ONE BIRTHDAY IN FEBRUARY: DAVID ON 16<sup>th</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 Thursday.

'Sally' the chiropodist visits every four to six weeks.

Rosy, our aromatherapist, visits on 14<sup>th</sup> and 28<sup>th</sup> February 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 – FEBRUARY 2019 – 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>
				Moments with Lorraine	9.30am Church	Choose your favourite TV programme 2.45pm – Film – The Sound of Music
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Liz Heale entertains	<i>Hairdresser in today</i> Chinese New Year begins– what sign are you?	Moments with Lorraine	2.30pm – Move it or Lose it with Diz	2.30pm – Animal Antics	9.30am Church	Choose your favourite TV programme 2.45pm – Film – Shall We Dance
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Bingo	<i>Hairdresser in today</i> Teresa Garrett entertains	Moments with Lorraine	<i>Valentine’s Day</i> Aromatherapy visit & the carers offer manicures	Moments with Lorraine	David’s birthday 9.30am Church 2.45pm – Emma entertains followed by birthday tea	Choose your favourite TV programme 2.45pm – Film – Oklahoma!
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Anna & Pippa entertain	<i>Hairdresser in today</i> Ten Pin Bowling	Moments with Lorraine	2.30pm – Move it or Lose it with Diz	2.30pm – Flower arranging	9.30am Church	Choose your favourite TV programme 2.45pm – Film - Mamma Mia
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>			
Bingo	<i>Hairdresser in today</i> Discussion on scouts & guides Dyb, dyb, dyb!	Moments with Lorraine	Aromatherapy visit & the carers offer manicures			

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