

## PENNS MOUNT ACTIVITY DIARY MARCH 2019

### 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

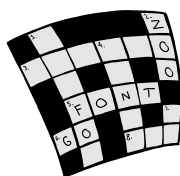
In mossy woods the violet stands fragile in the shade  
While clumps of yellow primrose are scattered through the  
glade

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 (former resident)*

WE HAVE FIVE BIRTHDAYS IN MARCH: BETTY Z ON 5<sup>TH</sup>,  
MARGARET H ON 20<sup>TH</sup>, JOAN W ON 21<sup>ST</sup>, ROSEMARY ON 23<sup>RD</sup>  
AND BILL ON 27<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> 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 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>
				<i>St David's Day</i> All about St David's Day and the month of March	9.30am Church	Choose your favourite TV programme 2.45pm – Hancocks Half Hour DVD
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Bingo	<i>Betty Z birthday</i> <i>Pancake Day</i> <i>Hairdresser in today</i> Moments with Lorraine Followed by birthday tea	Moments with Lorraine	<i>Crufts begins</i> 2.30pm – Move it or Lose it with Diz	A-Z of dogs and other doggy things!	9.30am Church	Choose your favourite TV programme 2.45pm – Film – Breakfast at Tiffanys
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Ten Pin Bowling	<i>Hairdresser in today</i> A-Z of Spring Flowers	Moments with Lorraine	Aromatherapy visit & the carers offer manicures	Moments with Lorraine	9.30am Church	<i>St Patrick's Day</i> Choose your favourite TV programme 2.45pm – Film – The African Queen
<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> Spring Cleaning – how did you do it?	<i>Margaret birthday</i> Liz Heale entertains followed by birthday cake	<i>Joan W birthday</i> 2.30pm – Move it or Lose it with Diz Followed by birthday tea for Margaret & Joan	2.30pm – Flower arranging	<i>Rosemary birthday</i> 9.30am Church 2.45pm – Emma entertains Followed by birthday tea	Choose your favourite TV programme 2.45pm – Film – Top Hat

25	26	27	28	29	30	31
Bingo	<i>Hairdresser in today</i> Ten Pin Bowling	<i>Bill birthday</i> Moments with Lorraine followed by birthday cake	Aromatherapy visit & the carers offer manicures	All about Mother's Day which is on 31 <sup>st</sup> March	9.30am Church	<i>Mother's Day</i> Choose your favourite TV programme 2.45pm – Film – Going My Way