

PENPERGWM HOUSE

Programme for week commencing Monday 26th April 2021

Monday 26 th	11:00am Keep fit with			
Tuesday 27 th	11.00am Crafts with Abbie In the Garden Room Supported by Jo	2.45pm Try not to smile 😊 With Abbie In the Garden Room Supported by Paula		
Wednesday 28 th	11.00am Keep fit with Abbie In the Garden room Supported by Tracey	2.45pm Fact or Fiction? with Abbie In The Garden room Supported by Tracey		
Thursday 29 th	11.00am with Abbie In the Garden Room Supported by Cara	2.30pm Fact or Fiction? with Abbie In The Garden room Supported by Tracey		
Friday 30 th	11.00am Tai Chi with Sharon In the Garden Room Supported by Paula	2.30pm with Sharon In the Garden room Supported by Autumn		
Saturday 1 st	11.00am Hoopla with Carian In the Garden room			
Sunday 2 nd	11.00am Residents Choice of activity with Autumn In the Garden Room	12.30pm Pre Lunch drinks with Nitaya	2.00pm Netflix Film On the big screen In the Garden Room with Katrina	2.30pm Daniel O'Donnell On the big screen In the Garden Room with Autumn
<i>After Every Storm Comes A Rainbow.</i>				

Daily Routine

at Penpergwm House

8am – 9.30am

Breakfast in Dining Room

(or you can choose to have in your own room)

10.30am

Tea and Coffee & Biscuits

Will be served on a trolley across all communal areas and rooms

10.45am-12pm

An arranged activity will be going on –
See the Programme on the reverse.

12.30pm

A Freshly Cooked Lunch Will Be Served In The Dining Room

2.30pm

An arranged activity will be going on –
see the programme on the reverse.

3.45pm

Afternoon Tea & Coffee & Freshly Baked Biscuits/Cakes

Will be served across all communal areas and Resident's rooms.

5.30pm

Supper Will Be Served In The Dining Room

You are more than welcome to have supper in your room, at a
time you wish, if you prefer