






PENPERGWM HOUSE

Programme for week commencing Monday 5th April 2021

Easter Monday 5th	11.00am Keep fit with Rhiannon In the Garden room	2.30pm Classical Music On the Big Screen With Jo	4.00pm Resident's choice of Popular music being played in the Garden room.
Tuesday 6th	11.00am Puzzles with Jo In the Garden room	2.30pm Pianist Dorina will be playing In the Reception Area Supported by Nitaya	
Wednesday 7th	11.00am Sit to get fit with Nitaya In the Garden room	2.30pm Hoopla with Sharon In the Garden room	
Thursday 8th	11.00am The big cheese with Jo In the Garden Room	2.30pm Art therapy With Cara In the Garden Room	
Friday 9th	11.00am Move it or lose it with Sharon In the Garden Room Supported by Vilai	2.30pm Afternoon Quiz with Sharon In the Garden room Supported by Jo	
Saturday 10th	11.00am Dominos with Cara In the Garden Room	2.30pm Knitting Circle with Sharon In the Garden room	
Sunday 11th	10.30am Sing-along With Tegan In the Garden room	12.15pm Pre Lunch Sherry With Tegan	2.00pm Netflix Film On the big screen In the Garden room With Tegan
			4.30pm Resident's choice of Popular music being played in the Garden room.

Quote of the Week – Every day is a fresh start.

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