

PENPERGWM HOUSE

Programme for week commencing Monday 16th May 2022

<p>Monday 16th</p>	<p>11:00am Exercise class with Abbie In the Garden Room Supported by Tegan</p>		<p>2.45pm Music Quiz with Abbie At Penpergwm Club Supported by Vilai</p>	
<p>Tuesday 17th</p>	<p>11.00am Ipads with Abbie At Penpergwm Club</p>	<p>2.45pm Bingo with Abbie At Penpergwm Club Supported by Vilai</p>		
<p>Mary the Hairdresser will be in Today</p>				
<p>Wednesday 18th</p>	<p>11.00am Welsh Session with Abbie At Penpergwm Club Supported by</p>		<p>2.45pm Classical Music on the Big Screen with Nitaya In the Garden room</p>	
<p>Thursday 19th</p>	<p>11.00am Morning walk with Abbie Weather Permitting Supported by</p>		<p>2.45pm Curling with At Penpergwm Club</p>	
<p>Friday 20th</p>	<p>11.00am Church Service with Father John In the Garden Room Supported by Nitaya</p>		<p>2.30pm Skittles with In the Garden Room</p>	
<p>Saturday 21st</p>	<p>11.00am Keep Fit with Katrina In the Garden room</p>		<p>2.45pm Word Scramble with Tegan In the Garden room</p>	
<p>Sunday 22nd Happy Birthday Victor</p>	<p>11.00am Puzzles with Tegan In the Garden room</p>	<p>12.30pm Pre Lunch drinks with Tegan</p>	<p>2.00pm Netflix Film On the big screen In the Garden Room with</p>	

Forthcoming Events – Pashy Pop Friday 3rd June

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.