



PENPERGWM HOUSE



Programme for week commencing Monday 30th May 2022

Monday 30 th	11.00am Keep fit with Sue In the Garden room		2.30pm Jubilee Prep Decorations with Sue At Penpergwm Club Followed by Decoration The Garden & Dining Room	
	Mary the hairdresser will be in today			
Tuesday 31 st	11.00am Follow Your Nose with Sharon In the Garden room		2.30pm Jubilee crosswords with Sharon In the Garden room	
Wednesday 1 st June	11.00am Hoopla with Debbie In the Garden room		2.30pm Jubilee Mosaic crafts In the Garden room With Debbie	
Thursday 2 nd	11.00am Armchair Exercises with Sharon In the Garden Room		2.30pm The Queen's Jubilee Quiz with Sharon In the Garden Room	
Friday 3 rd	11.00am Father Johns Church Service In the Garden Room Supported by Debbie		2.30pm Garden Party and Live entertainment form Pashy Pops Supported by Debbie & Staff	
Saturday 4 th	11.00am Sit to get fit with In the Garden room		2.30pm Jubilee Tea Dance with Staff In the Garden room	
Sunday 5 th	10.30am Sing-along With Katy In the Garden room	12.15pm Pre Lunch Sherry With Tegan	2.00pm Elizabeth: A Portrait in parts Documentary On the big screen In the Garden room With Tegan	

Forthcoming events – 12th June The Queen's Birthday.

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