

PENPERGWM HOUSE

Activity Programme for Week: Monday 1st January 2024

Monday 1st New Years Day		11.00am	2.00pm
	Garden Room	Morning Exercises With Carer	Artist Lyndon
	Reception	Daily News	Knitting Circle
	Club	Library Option	Quiet Area
Tuesday 2nd		11.00am	2.30pm
	Garden Room	The Big Cheese	Ballon Badminton
	Reception	Mary The Hairdresser	Richard Burton Poetry
	Club	1-1s with Lucy	Crafts With Lucy
Wednesday 3rd		11.00am	2.30pm
	Garden Room	Move It Or Lose It	Higher or Lower
	Reception	Coffee & Chat	Daily News
	Club	Bingo With Abbie	Afternoon Quiz with Abbie
Thursday 4th		11.00am	2.00pm
	Garden Room	Armchair Exercises with Carer	Guess the Advert
	Reception	Morning Newspapers	Popular Music
	Club	Trip to Priscilla's House	Words Within Words With Abbie
Friday 5th		11.00am	2.30pm
	Garden Room	Memory Mayhem	2pm Finish the Line
	Reception	Discussion About	Piano Music will be Playing
	Club	Top Gear Available on the Big Screen	Trip out with Lucy Weather Permitting

Saturday 6th	11.00am	2.30pm	
	Parachute Fun In The Garden Room	Dominos In the Garden Room	
Sunday 7th	11.00am	2.00pm	2.30pm
	Wordsearch and Puzzles In The Garden Room	Residents Choice on The Big Screen	Church Service With Laurianne

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