

# PENPERGWM HOUSE

## Activity Programme for Week: Monday 8<sup>th</sup> January 2024

Monday 8 <sup>th</sup>		11.00am	2.30pm
	Garden Room	Morning Exercises with Carer	Residents Choice
	Reception	Reading Area	Singing around the Piano with Jane
	Club	Residents Choice on The Big Screen	Armchair Travel to Austria
Tuesday 9 <sup>th</sup>		11.00am	2.30pm
	Garden Room	Residents Choice	Afternoon Matinee Carousel
	Reception	Mary The Hairdresser	Relaxing Area
	Club	1-1s with Lucy	Yarn Crafts with Lucy
Wednesday 10 <sup>th</sup>		11.00am	2.30pm
	Garden Room	Keep Fit with Carer	Animal Bingo
	Reception	Daily News	Reading Magazines
	Club	Bryn Coffee Morning with Abbie	Team Quiz with Abbie
Thursday 11 <sup>th</sup>		11.00am	2.30pm
	Garden Room	My Life Stories	Visual Day Trip
	Reception	Selection of books to read	Popular Music
	Club	Residents Meeting with Abbie	Flower Arranging with Abbie
Friday 12 <sup>th</sup>		11.00am	2.30pm
	Garden Room	Exercises with Carer	Plant pot ping pong
	Reception	Coffee & Chat	Reading Magazines
	Club	Knitting Club	Chinese New Year Preparations with Lucy

Saturday 13 <sup>th</sup>	11.00am	2.30pm
	Crosswords In The Garden room	Puzzle Club In the Garden Room
Sunday 14 <sup>th</sup>	11.00am	2.30pm
	Sing-along On The Big Screen In The Garden Room	Residents Choice of Netflix film In the Garden Room with Craig

## **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