

PENPERGWM HOUSE

Activity Programme for Week: Monday 11th March 2024

Monday 11th		11.00am	2.30pm
	Garden Room	Keep fit Exercises	Male Voice Choir Concert on the big screen
	Reception	Daily News	Selection of Magazines
	Club	Walk to the Bryn	2.45pm Wine Tasting
Tuesday 12th		11.00am	2.30pm
	Garden Room	Sing-along	Variety of Activities Available
	Reception	Mary The Hairdresser	Audio Book
	Club	Flower Arranging	Trip out
Wednesday 13th		11.00am	2.30pm
	Garden Room	Morning Exercises	Wheel Of Fortune
	Reception	Nail Bar	Reminiscing
	Club	Coffee morning at the Bryn	Seven Worlds One Planet
Thursday 14th		11.00am	2.30pm
	Garden Room	Father Julian	Words within Words
	Reception	Best of Vera Lynn	Best of Vera Lynn
	Club	USA Storytellers	Staff Meeting
Friday 15th		11.00am	2.30pm
	Garden Room	Move it or Lose it	Afternoon Quiz
	Reception	Quiet Area	Piano Music and Sing-along
	Club	Knitting & Natter	Easter Preparations

Saturday 16th	11.00am	2.30pm	
	Residents Choice of Activity In The Garden Room	Puzzle Club In the Garden Room	
Sunday 17th St Patrick's Day	11.00am	2.30pm	5.30pm
	St Patrick's Day Crafts In the Garden Room	Residents Choice On the Big Screen In The Studio	In The Dining Room

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