

PENPERGWM HOUSE

Activity Programme for Week: Monday 18th March 2024

Monday 18 th		11.00am	2.30pm
	Garden Room	Keep Fit	Treasures of the past
	Reception	Daily Sparkle Paper	Penpergwm Choir
	Club	iPads	Library
Tuesday 19 th		11.00am	2.30pm
	Garden Room	Residents Choice	Hoopla
	Reception	Mary The Hairdresser	Reminiscing
	Club	Men's club	Easter Crafts
Wednesday 20 th		11.00am	2.30pm
	Garden Room	Morning Exercises	Mid-Week Movie
	Reception	Daily News	My Life
	Club	Coffee morning at the Bryn	Current Affairs
Thursday 21 st		11.00am	2.30pm
	Garden Room	Board Games	Gardening Club
	Reception	Chiropodist	Listening to Poetry
	Club	Art Therapy	Decades Quiz
Friday 22 nd		11.00am	2.30pm
	Garden Room	Armchair Yoga	Famous Faces
	Reception	Magazines Available	Selection of books to read
	Club	Map Reading	Trip out

Saturday 23 rd	11.00am	2.30pm	
	Knitting Circle In Reception	Classical Music In the Garden Room	
Sunday 24 th	11.30am	2.30pm	2.30pm
	Song of Praise In the Garden Room	Residents Choice of Netflix Series	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