

# PENPERGWM HOUSE

## Activity Programme for Week: Monday 4<sup>th</sup> March 2024

<b>Monday 4<sup>th</sup></b>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	<b>Sit to Get Fit</b>	<b>Follow your Nose</b>
	Reception	<b>Walk to the Bryn</b>	<b>Sing-along</b>
	Club	<b>Library</b>	<b>Card Club</b>
<b>Tuesday 5<sup>th</sup></b>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	<b>Memory Box</b>	<b>Tea Dance</b>
	Reception	<b>Mary The Hairdresser</b>	<b>Listening To Audio Books</b>
	Club	<b>1-1s with Lucy</b>	<b>Trip to Garden Centre for flowers</b>
<b>Wednesday 6<sup>th</sup></b>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	<b>Morning Exercises</b>	<b>Higher or Lower</b>
	Reception	<b>Daily Newspapers</b>	<b>Getting to Know you with Daisy</b>
	Club	<b>Coffee morning at the Bryn</b>	<b>Gardening Club</b>
<b>Thursday 7<sup>th</sup></b>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	<b>Dominos</b>	<b>Residents Choice of Activity</b>
	Reception	<b>Daily News</b>	<b>Piano Music</b>
	Club	<b>Trip to Priscilla's House</b>	<b>Welsh History Documentary</b>
<b>Friday 8<sup>th</sup></b>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	<b>Keep Fit</b>	<b>Singer Jimmy Elvis</b>
	Reception	<b>Coffee And Chat</b>	<b>Selection of books to read</b>
	Club	<b>Art Therapy</b>	<b>Quiet area</b>

<b>Saturday 9<sup>th</sup></b>	<b>11.00am</b>	<b>2.30pm</b>	
	<b>My Life In the Garden Room</b>	<b>Classical Music Concert In The Garden Room</b>	
<b>Mothering Sunday 10<sup>th</sup> Happy Birthday Janet</b>	<b>11.00am</b>	<b>2.30pm</b>	<b>5.30pm</b>
	<b>Songs of Praise In the Garden Room</b>	<b>Residents Choice of Netflix film</b>	<b>Mother's Day Cream Tea ?</b>

## **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