

PENPERGWM HOUSE

Planned Activity Programme for Week: Monday 29th April 2024

Monday 29 th		11.00am	2.30pm
	Garden Room	Keep Fit	The History of May Fairs & May Short Story
	Studio	Retro Board Game Café	Crafts with Lucy
Tuesday 30 th		11.00am	2.30pm
	Garden Room	Big Wheel Game	Complete The Phrase
Mary, the Hairdresser will be in today	Studio	Top to Toe Tuesday Foot Spas, Nails & Massage	Inn @ The Bryn Classic Bar Sing a Long <i>Drinks and Snacks available</i>
MAY DAY Wednesday 1 st May		11.00am	2.30pm
	Garden Room	Morning Exercises	The Price is Right Challenge
	Studio	The Bryn Coffee Morning	Bespoke Fragrant Soap Making
Thursday 2 nd		11.00am	2.30pm
	Garden Room	Service with Father Julian	Who Wants To Be A Millionaire
	Studio	Visiting Priscilla's for Coffee & Chat	History – Ancient People The Aztecs with Presentation & Trivia
Friday 3 rd		11.00am	2.30pm
	Garden Room	Move It or Lose It!	Quoits – outdoor or indoor <i>(weather dependent)</i>
	Studio	Traditional Bingo	Round The World On the Big Screen
Saturday 4 th		11.00am	2.30pm
		Sketching & Colouring	Knit & Natter
Sunday 5 th		Jigsaws	Afternoon Film Sense & Sensibility or Residents' Choice

There are multiple 1:1s & other ad hoc activities happening throughout the week and an opportunity to attend Church on most Sundays.

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