

# PENPERGWM HOUSE

## Planned Activity Programme for Week: Monday 13<sup>th</sup> May 2024

Bank Holiday Monday 13 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	<b>Exercises</b>	<b>'Paint The Town Red' Famous Sayings Game</b>
	Studio	<b>Time to Jigsaw</b>	<b>Armchair Travel to Belgium</b>
Tuesday 14 <sup>th</sup>  Mary the Hairdresser will be in today		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	<b>Reminiscing (Making A House A Home 1940 To 1970)</b>	<b>Word Association Game</b>
	Studio	<b>Autobiographies Sir David Attenborough</b>	<b>Inn @ The Bryn Skittles, Bar Games &amp; Pub Games</b>
Wednesday 15 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	<b>Gentle Exercises</b>	<b>Round The World</b>
	Studio	<b>The Bryn Coffee Morning Trip Out</b>	<b>Ancient People with Trivia (The Celts)</b>
Thursday 16 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	<b>Basketball</b>	<b>Pigs Might Fly</b>
	Studio	<b>A Choir For All Seasons (Foyer)</b>	<b>Scallop Soap Dish Making (Découpage)</b>
Friday 17 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	<b>Move It or Lose It!</b>	<b>Game of Boules (Indoor or Outdoor weather depending)</b>
	Studio	<b>Welsh National Opera On Big Screen</b>	<b>Residents Choice of Board Games</b>
Saturday 18 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
		<b>Hoopla</b>	<b>Comedy Hour Open All Hours</b>
Sunday 19 <sup>th</sup>		<b>Wordsearch Residents choice of board games. &amp; Chat Time</b>	<b>Afternoon Film 'Stand By Me'</b>

**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