

# PENPERGWM HOUSE

## Planned Activity Programme for Week: Monday 20<sup>th</sup> May 2024

Monday 20 <sup>th</sup>		11.00am	2.30pm
	Garden Room	Armchair Yoga	Word Rhyming Game
	Studio	Knit & a Natter	Group Crossword Collective Challenge
Tuesday 21 <sup>st</sup>  Mary the Hairdresser will be in today		11.00am	2.30pm
	Garden Room	Hoopla	TV & Movie Quiz
	Studio	Top To Toe Tuesday Pampering	Journalling The Teenage Years...
Wednesday 22 <sup>nd</sup>		11.00am	2.30pm
	Garden Room	Gentle Exercises	Skittles
	Studio	The Bryn Coffee Morning Trip Out	Craft Club Making Therapeutic Bath Salts
Thursday 23 <sup>rd</sup>		11.00am	2.30pm
	Garden Room	Big Wheel Game	Piano Singalong with Bev
	Studio	Our Planet Documentary & Question Time	Board Game Café is Open
Friday 24 <sup>th</sup>  Babara C's Birthday today		11.00am	2.30pm
	Garden Room	Move It or Lose It!	Balloon Tennis
	Studio	Out of Africa Quiz	Residents Choice of Musical on Big Screen
Saturday 25 <sup>th</sup>		11.00am	2.30pm
		Cheese Game	Comedy Hour Good Life
Sunday 26 <sup>th</sup>		Mandala Art Books	Afternoon Film 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