

PENPERGWM HOUSE

Planned Activity Programme for Week: Monday 27th May 2024

Bank Holiday Monday 27 th		11.00am	2.30pm
	Garden Room	Morning Exercises	Pam Ayre's Poetry Corner
	Studio	Men's Club	Knit & a Natter
Tuesday 28 th Mary the Hairdresser will be in today		11.00am	2.30pm
	Garden Room	Through The Decades With Sue (1930-1940)	Victorian Parlour Games
	Studio	Movie Sing A Long	Autobiographies – Aneurin Bevan with Trivia
Wednesday 29 th		11.00am	2.30pm
	Garden Room	Stretch and Exercise	Bev's Royal History Quiz
	Studio	The Bryn Coffee Morning Trip Out	European Map Quiz
Thursday 30 th		11.00am	2.30pm
	Garden Room	Hoopla	River Dance
	Studio	Open Pandora's Box Current Affair Topics Covered	Inn @ The Bryn
Friday 31 st		11.00am	2.30pm
	Garden Room	Move It or Lose It!	Outdoor Painting
	Studio	Café Studio Open	Trip Out
Saturday 1 st		11.00am	2.30pm
		Snakes & Ladders & other Board Games	Time for Jigsaws
Sunday 2 nd		Bird Watching	Afternoon Film <i>Forrest Gump</i>

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