

# PENPERGWM HOUSE

## Planned Activity Programme for Week: Monday 6<sup>th</sup> May 2024

Bank Holiday Monday 6 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Exercises	Big Cheese Game
	Studio	Know Your Body Quiz	Community Craft – Maypole Making
Tuesday 7 <sup>th</sup>  Jo, (Relief) Hairdresser will be in today		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Lyndon James Musician	Resident Choosing Short Stories With Sue
	Studio	Nature Documentary	Welsh Club Language & Castles
Wednesday 8 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Morning Exercises	More or Less Game History
	Studio	The Bryn Coffee Morning Trip Out	A Choir For All Seasons
Thursday 9 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Cake Decorating With Bev	Classical Concert 3 Tenors
	Studio	May Day Flower Arranging	Cheese & Wine History of Wine
Friday 10 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Move It or Lose It!	Bulls Eye Hoop Game
	Studio		
Saturday 11 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
		Spot The Difference/Dot to Dot	Big Wheel Game
Sunday 12 <sup>th</sup>		Eurovision – Nil Point (BBC Iplayer)	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