



# PENPERGWM HOUSE



## Planned Activity Programme for Week: Monday 10th February 2025

		11.00am	2.30pm
Monday 10th	Garden Room	Exercises with Sue	The Story behind Valentines
	Studio	The Man who Jumped From Space	Trip out with Abbie
Happy Birthday			
		11.00am	2.30pm
Tuesday 11 <sup>th</sup>	Garden Room	Memory Mayhem	Piano Sing-along
	Studio	Valentines Bingo	2.45pm iPads and Technology help with Abbie
Mary Hairdresser			
		11.00am	2.30pm
Wednesday 12th	Garden Room	Morning Exercises	Past Times Quiz Questions With Bev
	Studio	Coffee Morning at the Bryn	Valentines Crafts
		11.00am	2.30pm
Thursday 13th	Garden Room	Follow your Nose	Ballon Badminton
	Studio	Games Corner	Valentines Activities
		11.00am	2.30pm
Friday 14th	Garden Room	Exercise Session	Singer Simon From MusiCare
	Studio	Making Heart Biscuits	RITA Screens Available
Valentine's Day			
		11.00am	2.30pm
Saturday 15th		Comedy Hour	Wordsearch
Sunday 16th		Songs of Praise	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



We say farewell to....