

PENPERGWM HOUSE

Planned Activity Programme for Week: Monday 17th February 2025

Monday 17 th		11.00am	2.30pm
	Garden Room	Exercises with Sue	Massage Therapy & Chat
Happy Birthday Cathrine	Studio	10am Blaenavon Workmen's Hall Cinema - Classic film	Guess The Price
Tuesday 18 th Mary Hairdresser		11.00am	2.30pm
	Garden Room	Poetry Readings	Variety of Activities
Happy Birthday Vera	Studio	Flower Arranging	Card Making Crafts
Wednesday 19 th		11.00am	2.30pm
	Garden Room	Morning Exercises	Higher or Lower
	Studio	Coffee Morning at the Bryn	Mid Week Movie
Thursday 20 th		11.00am	2.30pm
	Garden Room	Big Screen Sing- along	Hoopla
	Studio	USA Storytellers	The Age of Steam Puzzle
Friday 21 st		11.00am	2.30pm
	Garden Room	Exercise Session	Tea Dance with Staff
	Studio	Current Affairs	Match the Sayings
Saturday 22 nd		11.00am	2.30pm
		Saturday Morning Kitchen	Wordsearch & Crosswords
Sunday 23 rd Happy Birthday Edna		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....