

PENPERGWM HOUSE

Planned Activity Programme for Week: Monday 24th February 2025

Monday 24 th		11.00am	2.30pm
	Garden Room	Exercises with Sue	Skittles
	Studio	Penpergwm Choir	2.45pm Wine Tasting
Tuesday 25 th Mary Hairdresser		11.00am	2.30pm
	Garden Room	Mind Puzzles	Did You Know ?
	Studio	Making Daffodils	Trip Out
Wednesday 26 th		11.00am	2.30pm
	Garden Room	Morning Exercises	Parachute Mayhem
	Studio	Coffee Morning at the Bryn	Painting Session
Thursday 27 th		11.00am	2.30pm
	Garden Room	Skittles	Wheel of Fortune
	Studio	Abigail Hughes From St Davids Hospice	Bingo
Friday 28 th		11.00am	2.30pm
	Garden Room	Exercise Session	Dominos
	Studio	Talk with Georgie about Butterflies	Cooking Class
Saturday 1 st March		11.00am	2.30pm
		St Davids Day Activities	St Davids Day Parade On The Big Screen
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....