

# PENPERGWM HOUSE

## Planned Activity Programme for Week: Monday 3rd February 2025

Monday 3 <sup>rd</sup>  Happy Birthday Ceridwen		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Exercises with Sue	Variety of Activities
	Studio	Armchair Travel	Trip out with Lucy
Tuesday 4 <sup>th</sup>  Mary Hairdresser		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Max Bygrave's – Sing-along	Dominos & Jenga
	Studio	Residents Meeting	2.45pm Food Tasting Session
Wednesday 5 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Morning Exercises	Music Quiz with Bev
	Studio	Coffee Morning at the Bryn	Sewing Bee
Thursday 6 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	In House Church Service	Plant Pot Ping Pong
	Studio	Darts	Getting to Know you with Georgie
Friday 7 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Exercise Session	Skittles
	Studio	Jigsaws & Reminiscing	2pm Craft with Lucy
Saturday 8 <sup>th</sup>		<b>11.00am</b>	<b>2.30pm</b>
		Comedy Hour Charlie Chaplin	Crosswords
Sunday 9 <sup>th</sup>		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....

**Betty Bevan 10.8.1926 - 30.1.2025**