

PENPERGWM HOUSE

Planned Activity Programme for Week: Monday 10th March 2025

Monday 10th Happy Birthday Janet		11.00am	2.30pm
	Garden Room	Exercises with Sue	Reminiscing about Past Times
	Studio	History of Wales Part 1	Trip out with Abbie
Tuesday 11th Mary Hairdresser		11.00am	2.30pm
	Garden Room	Reading Short Stories	Relaxation Aromatherapy Session
	Studio	Ipads & Technology	General Knowledge quiz
Wednesday 12th		11.00am	2.30pm
	Garden Room	Morning Exercises	Summer Bulbs
	Studio	Coffee Morning at the Bryn	Crafts
Thursday 13th		11.00am	2.30pm
	Garden Room	Games Corner	Afternoon Tea for St Davids Hospice
	Studio	Irish folklore and songs	Staff Meeting
Friday 14th		11.00am	2.30pm
	Garden Room	Exercise Session	Garden Walks
	Studio	Nail Salon 10am-12pm	Sewing
Saturday 15th		11.00am	2.30pm
	Saturday Morning Kitchen		Sudoku
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....