

PENPERGWM HOUSE

Planned Activity Programme for Week: Monday 3rd March 2025

Monday 3 rd		11.00am	2.30pm
	Garden Room	Exercises with Sue	Artist - Taste of Wales
	Studio	Question Time	Rita Screens Available
Tuesday 4 th Mary Hairdresser		11.00am	2.30pm
	Garden Room	Brain Teasers	The History behind Shrove Tuesday (Pancake Day)
	Studio	10.30am Coffee and discussion with Abbie	Trip out
Wednesday 5 th		11.00am	2.30pm
	Garden Room	Morning Exercises	Wheel of Fortune
	Studio	Trip Out to The Bryn Coffee Morning	Documentary – Bears Catching Salmon
Thursday 6 th		11.00am	2.30pm
	Garden Room	Priscilla with Guest Speaker	Romilly Cook Violinist
	Studio	Puzzle Club	Library
Friday 7 th		11.00am	2.30pm
	Garden Room	Father Davids In House Service	Big Screen Sing-along
	Studio	Armchair Exercises	Travel with Rick Steves
Saturday 8 th		11.00am	2.30pm
		Comedy Hour	Crosswords / Art Therapy
Sunday 9 th		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....

Hilary Montgomery 27.8.1935 - 20.2.2025

Brian Boulter 15.06.1929 - 21.2.2025