

PENPERGWM HOUSE

Planned Activity Programme for Week: Monday 17th March 2025

Monday 17th		11.00am	2.30pm
	Garden Room	Exercises with Sue	Who Was St Patrick's
	Studio	Walk around Bailey Park <i>Weather Permitting</i>	Afternoon Quiz
Tuesday 18th		11.00am	2.30pm
	Garden Room	Match the Saying	On This Day
	Studio	Hair Salon With Abbie	History of Wales Part 2
Wednesday 19th		11.00am	2.30pm
	Garden Room	Morning Exercises	Target Practice
	Studio	Coffee Morning at the Bryn	Knit and Natter
Thursday 20th		11.00am	2.30pm
	Garden Room	Armchair Exercises	Quoits
	Studio	Where to Holiday in Spring	Season Of Spring Activity
Friday 21st		11.00am	2.30pm
	Garden Room	Father David In House Service	Parachute exercises
	Studio	Men's Club	2pm Crafts
Saturday 22nd		11.00am	2.30pm
		Saturday Morning Kitchen	Wordsearch & Crosswords
Sunday 23rd		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....