


# PENPERGWM HOUSE

## Planned Activity Programme for Week: Monday 21<sup>st</sup> April 2025

Easter Monday 21 <sup>st</sup> Happy Birthday Gwynne		11.00am	2.30pm
	Garden Room	Keep Fit	The Easter Story – The Life of Jesus On the Big Screen
	Studio	500 Piece Puzzle	
Tuesday 22 <sup>nd</sup> Happy Birthday Lorna		11.00am	2.30pm
	Garden Room	Variety Of Activities	Pam Ayres Poetry
	Studio	Sewing Class	Trip out with Lucy
Wednesday 23 <sup>rd</sup>		11.00am	2.30pm
	Garden Room	Morning Exercises	 St George's Day, Activities
	Studio	Trip Out to Bry Coffee Morning	Bingo
Thursday 24 <sup>th</sup>		11.00am	2.30pm
	Garden Room	The Big Cheese	Who wants to be a Millionaire Quiz
	Studio	U3A Story Tellers	Games corner
Friday 25 <sup>th</sup>		11.00am	2.30pm
	Garden Room	Armchair Exercises	Higher or Lower
	Studio	Trip to Bailey Park	Craft with Lucy
Saturday 26 <sup>th</sup>		11.00am	2.30pm
		Garden Walk	Comedy Hour Morecombe & Wise
Sunday 27 <sup>th</sup>		Songs of Praise Reflection Time	Afternoon 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