

# PENPERGWM HOUSE

## Planned Activity Programme for Week: Monday 7th April 2025

Monday 7 <sup>th</sup>		11.00am		2.30pm
	Garden Room	Keep Fit		Jimmy Elvis
	Studio	Treasures of the Past		Card Club
Tuesday 8 <sup>th</sup>		11.00am		2.30pm
	Garden Room	Hoopla		Massage Therapy And Discussion
Mary, the Hairdresser will be in today	Studio	Morning walk	12pm Lent Lunches	General Knowledge Quiz
Wednesday 9 <sup>th</sup>		11.00am		2.30pm
	Garden Room	Morning Exercises		The Big Cheese
	Studio	Trip Out to The Bryn Coffee Morning		Craft with Lucy
Thursday 10 <sup>th</sup>		11.00am		2.30pm
	Garden Room	Exercise Class		Archery in the Garden <i>Weather Permitting</i>
	Studio	Games and Puzzles		Talk about India
Friday 11 <sup>th</sup>		11.00am		2.30pm
	Garden Room	Skittles		Plant Pot Ping Pong
	Studio	Travel on the Big Screen		Art Therapy with Lucy
Saturday 12 <sup>th</sup>		11.00am		2.30pm
		Knit & Natter		Birdwatching & Bird Count
Sunday 13 <sup>th</sup>		Social Sherry & Choice of Music		Afternoon Film Singing in the Rain

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