

# PENPERGWM HOUSE

## Planned Activity Programme for Week: Monday 28<sup>th</sup> April 2025

Monday 28 <sup>th</sup>		11.00am	2.30pm
	Garden Room	Keep Fit	The History of May Fairs & May Short Story
	Studio	Ipads and Magic Tables	1.30pm Trip to the Winding House Museum
Tuesday 29 <sup>th</sup>  Mary, the Hairdresser will be in today		11.00am	2.30pm
	Garden Room	Complete The Phrase	Decade Quiz
	Studio	Words Within Words	Card Club
Wednesday 30 <sup>th</sup>		11.00am	2.30pm
	Garden Room	Morning Exercises	Ballon Badminton
	Studio	The Bryn Coffee Morning	Trip on the Big Screen
Thursday 1 <sup>st</sup> May		11.00am	2.30pm
	Garden Room	Move It or Lose It!	Inflatable Fun
	Studio	Travel to Africa	What's the Phrase?
Friday 2 <sup>nd</sup>		11.00am	2.30pm
	Garden Room	Father Davids In House Service	100 Fun Facts
	Studio	Scrabble with Lucy	Sewing Bee with Lucy
Saturday 3 <sup>rd</sup>		11.00am	2.30pm
		Sketching & Pastels	Knit & Natter
Sunday 4 <sup>th</sup>		Jigsaws	Afternoon Film Sense & Sensibility or 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