

PENPERGWM HOUSE

Planned Activity Programme for Week: Monday 11th May 2026

Monday 11th		11.00am	2.30pm
	Garden Room	Tai Chi Light Exercises	Nature Craft
	Studio	Trip Out – Residents Choice - From approx. 10:30am	Gardening Club in the Gardens – Weather Permitting
Tuesday 12th		11.00am	2.30pm
	Garden Room	Memory Stimulation Reminiscing Game	Songs and Smiles Singalong Shows
Mary hairdresser	Studio	Painting Therapy	Creative Writing and Memoirs
Wednesday 13th		11.00am	2.30pm
	Garden Room	Armchair Exercises	Giant Hoopla
	Studio	Coffee Morning at The Bryn - From approx. 10:30am	The Big Quiz
Thursday 14th		11.00am	2.30pm
	Garden Room	Word Rhyming Game	Wheel of Fortune
	Studio	Matching Game – Iconic Locations	Scrabble
Friday 15th		11.00am	2.30pm
	Garden Room	Move It or Lose It	Archery in the Garden
	Studio	Haberdasher's Club with Lucy 10:30am – 4pm	
Saturday 16th		11.00am	2.30pm
		Skittles	Bird Watching and Enjoying Nature Outdoors
Sunday 17th		Songs of Praise	Sudoku

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