

PENPERGWM HOUSE

Planned Activity Programme for Week: Monday 18th May 2026

Monday 18th		11.00am	2.30pm
	Garden Room	Armchair Exercises and Stretches	Word Guessing
	Studio	Trip Out to WI Brunch in Abergavenny - From approx. 10:30am	Pastime Fun and Entertainment
Tuesday 19th		11.00am	2.30pm
	Garden Room	Target Practice	Classic Hollywood Musical Song Collection on the Screen
Mary hairdresser	Studio	Blissful Bakes - Cornflake and Jam Dream	Glass Jar Lantern Crafts
Wednesday 20th		11.00am	2.30pm
	Garden Room	Move It or Lose It	What's in the Bag Game
	Studio	Coffee Morning at The Bryn - From approx. 10:30am	Lingo Word Games
Thursday 21st		11.00am	2.30pm
	Garden Room	International Tea Day – Quiz and Specialty Tea Tasting	Bird Bingo in the Garden Room
Studio	Jigsaws and Puzzles		
Friday 22nd		11.00am	2.30pm
	Garden Room	Fridays Fitness Class	Aim Game Fun
	Studio	Haberdasher's Club with Lucy 10:30am – 4pm	
Saturday 23rd		11.00am	2.30pm
		Activities of Residents Choice	Do You Remember Reminiscence Questions
Sunday 24th Happy birthday Barbara C		Poetry for Every Soul Reading and Songs of Praise	Royal Wedding (1951) Fred Astaire, Jane Powell - Musical Romance Fit for Hollywood Royalty. Cinema Classic

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