

PENPERGWM HOUSE

Planned Activity Programme for Week: Monday 25th May 2026

Monday 25th		11.00am	2.30pm
	Garden Room	Monday Music and Movement	Trivia Time in the Garden Room
Spring Bank Holiday	Studio	Puzzles and Jigsaw Afternoon	
Tuesday 26th		11.00am	2.30pm
	Garden Room	Cake and Bake – Chocolate Comfort Cake	Catch Ups, Current Affairs and Cake
Mary hairdresser	Studio	Art Therapy	Gardening Club in the Gardens - Weather Permitting
Wednesday 27th		11.00am	2.30pm
	Garden Room	Exercises	Inflatable Volleyball
Happy birthday Pauline P	Studio	Coffee Morning at The Bryn - From approx. 10:30am	Trip Out - Women's Institute – Abergavenny Royal Band and Afternoon Tea - From approx. 2pm
Thursday 28th		11.00am	2.30pm
	Garden Room	Darts and Dominoes	Crossword Challenge
	Studio	Documentary - On the Road" With Steve Hartman - Stories Of Seniors Chasing Dreams	Scrabble
Friday 29th		11.00am	2.30pm
	Garden Room	In House Church Service with Father David	Move It or Lose It
	Studio	Haberdasher's Club with Lucy 10:30am – 4pm	
Saturday 30th		11.00am	2.30pm
		Gentle Fit: A Chair Based Yoga Class with Meditation	Skittles
Sunday 31st		Brain Teasers	Timeless Classic Hymn Singing

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