

PENPERGWM HOUSE

Planned Activity Programme for Week: Monday 4th May 2026

Monday 4th		11.00am	2.30pm
	Garden Room	Move It or Lose It	Random Trivia in the Garden Room
Studio	Jigsaws and Puzzles		
Tuesday 5th		11.00am	2.30pm
	Garden Room	Riddles	Darts Competition
Mary hairdresser	Studio	Priscilla Llewellyn Visits with Guest Speaker Aidan Reynolds - A National Service Officer's Experience	Trip Out - Secret Garden Centre and Tea Room - From approx. 1:45pm
Wednesday 6th		11.00am	2.30pm
	Garden Room	Armchair Exercises and Stretches	Ping Pong
Happy birthday Victor	Studio	Coffee Morning at The Bryn - From approx. 10:30am	Origami Session
Thursday 7th		11.00am	2.30pm
	Garden Room	Balloon Tennis Contest	Memory Game - Idioms Matching Game
Studio	Jewellery Making Craft	12 Ancient Structures in UK No One Can Explain Documentary	
Friday 8th		11.00am	2.30pm
	Garden Room	In House Church Service with Father David	VE Day Celebrations and Entertainment with Neil
Studio	Haberdasher's Club with Lucy 10:30am – 4pm		
Saturday 9th		11.00am	2.30pm
	Armchair Travel - Rick Steves Poland on the Screen		Categorizing Word Game
Sunday 10th	True or False Question Time		Afternoon Movie and Snacks

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