PENPERGWM HOUSE

Planned Activity Programme for Week

Monday 16th November 2026 – Sunday 22nd November 2026

Monday 16th November – Brenda's birthday

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Chair Yoga	Garden Room	11am	Family Fortunes Quiz Show	Activity Studio

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Name That Tune	Garden Room	2.30pm	Scraps and Stamps - Card Making	Activity Studio

Tuesday 17th November – Mary the Hairdesser in today

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Music and Movement	Garden Room	11am	Group Countdown Quiz Game	Activity Studio

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Finish the Sayings	Garden Room	Approx 2pm	Scrabble and Traditional Board Games	Activity Studio

Wednesday 18th November - Barbara's Birthday

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Midweek Fitness	Garden Room	Approx 10.30am	Community Coffee Morning	The Bryn Village Hall

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Skittle Fun	Garden Room	2:30pm	Woodwork Crafts	Activity Studio

Thursday 19th November

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Anagrams – Same Letters, Different Order	Garden Room	11am	Multilingual and Cultural Conversation Groups	Activity Studio

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Reminisce Dice Game	Garden Room	2pm	Tea With George Eliot - performed by Liz Mance	Activity Studio

PENPERGWM HOUSE

			From 3pm	Public House Trip	Abergavenny

Friday 20th November					
MORNING					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
11am	Inhouse Church Service	Garden Room	11am	Christmas Crafting	Activity Studio
AFTERNOON					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
2.30pm	Armchair Stretches	Garden Room	2.30pm	Classic Card Games	Activity Studio

WEEKEND PROGRAMME					
Saturday 21st November					
MORNING			**AFTERNOON**		
Time	**Activity**	**Where**	**Time**	**Activity**	**Where**
11am	Brain Teasers	Garden Room	2.30pm	Activities with Alex	Garden Room
Sunday 22nd November – Margaret M's Birthday					
MORNING			**AFTERNOON**		
Time	**Activity**	**Where**	**Time**	**Activity**	**Where**
11am	Hymns and Harmonies	Garden Room	2.30pm	Golfing Competition	Garden Room

DAILY ROUTINE

8am – 9:30am

Breakfast in Dining Room or in Bedroom

10.30am

Tea and Coffee & Biscuits

Will be served on a trolley across all communal areas and rooms.

Between 10:45am - 12pm

An arranged activity will be going on (time specified)

12:30pm

A freshly cooked lunch will be served in the Dining Room

Between 2pm – 4pm

An arranged activity will be going on (time specified)

3:45pm

Afternoon Tea and 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