PENPERGWM HOUSE

Planned Activity Programme for Week

Monday 23rd November 2026 – Sunday 29th November 2026

Monday 23rd November

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Move It or Lose It	Garden Room	11am	Flower Arranging Therapy	Activity Studio

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2pm	An Afternoon with Mansel Davies – Entertained with Song and Instrument				Garden Room

Tuesday 24th November – Mary the Hairdesser in today

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Memory and Mind Games	Garden Room	11am	Seasons Serenity – Watercolor Painting	Activity Studio

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Games Afternoon	Garden Room	2:30pm	Fact or Fiction	Activity Studio

Wednesday 25th November

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Exercises and Stretches	Garden Room	Approx 10.30am	Community Coffee Morning	The Bryn Village Hall

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Wheel of Fortune	Garden Room	Approx 1:30pm	Trip Out - Women's Institute Afternoon Tea and Abergavenny Borough Band	Abergavenny

Thursday 26th November

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Seated Ping Pong	Garden Room	11am	U3A Storytellers	Activity Studio

AFTERNOON

Time	Activity	Place	Time	Activity	Place

PENPERGWM HOUSE

2.30pm	This Week in History	Garden Room	Approx. 2pm	Trip Out – Nourishing November Walks	Blaenavon

Friday 27th November					
MORNING					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
11am	Seat-Dancing & Song	Garden Room	11am	Handmade Clay Modelling	Activity Studio
AFTERNOON					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
2.30pm	Pictionary	Garden Room	2.30pm	Armchair Travel Across the Globe	Activity Studio

WEEKEND PROGRAMME					
Saturday 28th November					
MORNING			**AFTERNOON**		
Time	**Activity**	**Where**	**Time**	**Activity**	**Where**
11am	Darts Competition	Garden Room	2.30pm	Bingo Afternoon	Garden Room
Sunday 29th November					
MORNING			**AFTERNOON**		
Time	**Activity**	**Where**	**Time**	**Activity**	**Where**
11am	Bird Wise - Bird Identification and Quizzing	Garden Room	2.30pm	Best of Musicals Singing and Show on the Screen	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

PENPERGWM HOUSE

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