PENPERGWM HOUSE

Planned Activity Programme for Week

Monday 26th October 2026 – Sunday 1st November 2026

Monday 26th October

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Armchair Exercises & Stretches	Garden Room	11am	Pumpkin Projects	Activity Studio

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Target Practice	Garden Room	2.30pm	Druids - Myth, Magic & the Truth *Documentary*	Activity Studio

Tuesday 27th October – Mary the Hairdesser in today

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Reminiscing with Song	Garden Room	11am	Lingo	Activity Studio

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Ping Pong	Garden Room	2.30pm	Still Life Drawing	Activity Studio

Wednesday 28th October

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Staying Active	Garden Room	10.30am	Community Coffee Morning	The Bryn Village Hall

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Aim Game	Garden Room	2.30pm	Scrabble Tournament	Activity Studio

Thursday 29th October

MORNING

Time	Activity	Place	Time	Activity	Place
10.30am	Shopping & Snacks	Morrisons, Abergavenny	11am	Word Games	Garden Room

AFTERNOON

Time	Activity	Place
2.30pm	Halloween Quizzing & Tea Party	Garden Room

PENPERGWM HOUSE

Friday 30th October - Jean Flynn's Birthday					
MORNING					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
11am	Move It or Lose It	Garden Room	11am	Curling Competition	Activity Studio
AFTERNOON					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
2.30pm	Balloon Tennis	Garden Room	2.30pm	Jigsaw Club	Activity Studio

WEEKEND PROGRAMME					
Saturday 31st October					
MORNING			**AFTERNOON**		
Time	**Activity**	**Where**	**Time**	**Activity**	**Where**
11am	Quiz Time	Garden Room	2.30pm	History and Traditions of Halloween in Britain	Garden Room
Sunday 1st November					
MORNING			**AFTERNOON**		
Time	**Activity**	**Where**	**Time**	**Activity**	**Where**
11am	Songs of Praise	Garden Room	2.30pm	Resident's Choice	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