PENPERGWM HOUSE

Planned Activity Programme for Week
Monday 2nd November 2026 – Sunday 8th November 2026

Monday 2nd November

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Move It or Lose It	Garden Room	Approx 10:30am	Black Mountain Coffee Shop and Heritage Railway	Blaenavon

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Group Volleyball	Garden Room	2.30pm	Unseen Scary Britain Viewing	Activity Studio

Tuesday 3rd November – Mary the Hairdresser in today

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Short Stories	Garden Room	11am	Poppy Crafting	Activity Studio

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Indoor Golf Competition	Garden Room	Approx 2pm	Priscilla Llewelyn Visits	Activity Studio

Wednesday 4th November

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Armchair Exercises and Stretches	Garden Room	Approx 10.30am	Coffee Morning – The Bryn Village Come to Penpergwm	Activity Studio

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2.30pm	Bowling	Garden Room	Approx 2pm	Walks and Talks Trip Out	Govilon

Thursday 5th November - Guy Fawkes Night

MORNING

Time	Activity	Place	Time	Activity	Place
11am	Hoopla	Garden Room	11am	Sparks and Spatulas – Bonfire Baking	Activity Studio

AFTERNOON

Time	Activity	Place	Time	Activity	Place
2:30pm	Word Games	Garden Room	2.30pm	Quizzes	Activity Studio

PENPERGWM HOUSE

Friday 6th November					
MORNING					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
11am	Inhouse Church Service	Garden Room	11am	Nevill Hall Nature Spaces Presentation and Guest Speaker	Activity Studio
AFTERNOON					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
2.30pm	Fitness Friday	Garden Room	2.30pm	Friday Matinee Film	Activity Studio

WEEKEND PROGRAMME					
Saturday 7th November					
MORNING			**AFTERNOON**		
Time	**Activity**	**Where**	**Time**	**Activity**	**Where**
11am	Getting to Know Alex our new Club Coordinator	Garden Room	2.30pm	November Quiz	Garden Room
Sunday 8th November – Remembrance Sunday					
MORNING			**AFTERNOON**		
Time	**Activity**	**Where**	**Time**	**Activity**	**Where**
11am	National Service of Remembrance on the Screen	Garden Room	2.30pm	Skittles	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