PENPERGWM HOUSE

Planned Activity Programme for Week

Monday 9th November 2026 – Sunday 15th November 2026

Monday 9th November					
MORNING					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
11am	Movement Monday	Garden Room	11am	Music for Memories – Individual Playlists with Jan Botting	Activity Studio
AFTERNOON					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
2.30pm	Wheel of Fortune	Garden Room	2.30pm	A Diwali Story - Short Documentaries	Activity Studio

Tuesday 10th November – Mary the Hairdresser in today					
MORNING					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
11am	Aromatherapy and Mindfulness Meditation	Garden Room	11am	Creative Writing – Short Stories and Poems	Activity Studio
AFTERNOON					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
2.30pm	Who Wants to Be A Millionaire Game	Garden Room	Approx 2pm	A New Life After Earthly Life- One Mans Amazing Experience with Val Evans	Activity Studio

Wednesday 11th November - Armistice Day					
MORNING					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
11am	Poetry and History of Armistice Day	Garden Room	Approx 10.30am	Community Coffee Morning	The Bryn Village Hall
AFTERNOON					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
2.30pm	Move It or Lose It	Garden Room	2:30pm	Residents Meeting	Activity Studio

Thursday 12th November					
MORNING					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
11am	Higher or Lower	Garden Room	11am	Trivia Time	Activity Studio
AFTERNOON					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**

2.30pm	Target Practice Games	Garden Room	2:30pm	Trip Out - Beautiful Botanical Cafe	Abergavenny, Nicholls

Friday 13th November					
MORNING					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
11am	Armchair Exercise and Stretches	Garden Room	11am	Kind Acts That Changed The World - On World Kindness Day – Coffee and Catch Ups	Activity Studio
AFTERNOON					
Time	**Activity**	**Place**	**Time**	**Activity**	**Place**
2.30pm	Penpergwm's Singalongs	Garden Room	2.30pm	Activity of Choice	Activity Studio

WEEKEND PROGRAMME					
Saturday 14th November					
MORNING			**AFTERNOON**		
Time	**Activity**	**Where**	**Time**	**Activity**	**Where**
11am	Seated Tai Chi	Garden Room	2.30pm	Art Therapy	Garden Room
Sunday 15th November					
MORNING			**AFTERNOON**		
Time	**Activity**	**Where**	**Time**	**Activity**	**Where**
11am	St Davids and Cathedral - A Narrated Walking Tour on the Screen	Garden Room	2.30pm	Current Affairs	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