



The Old Vicarage  
Allithwaite

# Activities Timetable for the week commencing 22nd July 2024

DAY	MORNING	AFTERNOON
MON 22 JULY	 <p><b>QUIZ OF THE DAY</b></p>	 <p><b>MAKE A RAINBOW SPIDERS WEB</b></p>
TUES 23 JULY	 <p><b>CHAIR DANCING</b></p>	 <p><b>CRAFTY SNACK</b> Make your own frozen banana bar</p>
WED 24 JULY	 <p><b>ONE-TO-ONES</b></p>	 <p><b>BINGO</b></p>
THU 25 JULY	 <p><b>CHAIR EXERCISES WITH CARLA</b></p>	 <p><b>PAMPER AFTERNOON</b> HAND AND FEET MASSAGES, FACIALS AND FIZZ</p>
FRI 26 JULY	 <p><b>REMINISCE WITH ME</b> WHAT AN OLD WIFE'S TALE!</p>	 <p><b>60'S SHOW WITH RACHEL</b></p>

An interesting fact!

**AN OLD WIVES TALE**

**RAIN IS ON THE WAY BECAUSE COWS ARE LYING DOWN! TRUE OR FALSE? APPARENTLY, A MYTH! THEY ARE SIMPLY LYING DOWN BECAUSE THEY LIKE TO RELAX WHILE CHEWING THEIR CUD.**