



The Old Vicarage
Allithwaite

Activities Timetable for the Week Commencing 23rd February 2026

DAY	MORNING	AFTERNOON
MON 23 FEB	HAIRDRESSER VISIT & ONE-TO-ONE CHATS	AN AFTERNOON WITH VIOLINIST REBEKKA POFFLEY
TUES 24 FEB	ARMCHAIR BALLET WITH CARLA	MEMORY LANE THE ROYAL FAMILY
WED 25 FEB	BALL GAMES	ALL ABOUT FLOWERS
THUR 26 FEB	HAIRDRESSER VISIT & ONE-TO-ONE CHATS	GAMES AFTERNOON
FRI 27 FEB	GENTLE EXERCISES	A VISIT FROM JOLLY HOLLY
SAT 28 FEB	ENJOYING GAMES DAY	
SUN 1 MARCH	RELAXING, WATCHING SOME GOOD OLD FILMS!	

An interesting facts!

Did you know, the violin was developed in 16th-century Italy? It is a complex instrument made of over 70 wooden pieces. Often featuring strings originally made from sheep gut! A versatile, high-pitched instrument, it burns roughly 170 calories per hour played. No need for the gym!