



The Old Vicarage
Allithwaite

Activities Timetable for the Week Commencing 23rd February 2026

| DAY | MORNING | AFTERNOON |
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| 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 Often featuring strings originally made from sheep gut!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!