



*The Old Vicarage*  
Allithwaite

# Activities Timetable for the Week Commencing 13th January 2025

DAY	MORNING	AFTERNOON
MON 13 JAN	HAIRDRESSER VISIT	PILATES WITH RUTH 
TUES 14 JAN	ARMCHAIR BALLET 	MOVE WITH STEFAN
WED 15 JAN	STRETCH & SHINE WITH SARAH	FLOWER ARRANGING 
THU 16 JAN	HAIRDRESSER VISIT 	KELLY'S HEROES A SALUTE TO IRISH MUSIC 
FRI 17 JAN 	EXERCISE WITH MR MOTIVATOR	SLOW & STEADY WITH STEFAN

An interesting fact!

The Celts brought traditional Irish music to Ireland around 2,000 years ago. The earliest evidence of music in Ireland dates back to the Iron Age, when the Celts used instruments like the harp, pipe, bagpipes, and skin drums.