



The Old Vicarage
Allithwaite

Activities Timetable for the Week Commencing 18 August 2025

DAY	MORNING	AFTERNOON
MON 18 AUG	HAIRDRESSER VISIT PLANES PICTURE QUIZ	KEITH REDFERN SINGS
TUES 19 AUG	ARMCHAIR BALLET WITH CARLA	CELEBRATING THE SWINGING SIXTIES
WED 20 AUG	ENJOYING A MORNING WALK	MAKING ICE CREAM SUNDAES
THUR 21 AUG	HAIRDRESSER VISIT NAME THE ZOO SOUND QUIZ	GAMES AFTERNOON
FRI 22 AUG	LISTENING TO MUSIC	FILM AFTERNOON
SAT 23 AUG	GAMES DAY	
SUN 24 AUG	RELAXING, WATCHING SOME GOOD OLD FILMS!	

An interesting fact!

Listening to music can evoke strong emotional responses and memories, making it a powerful tool for recollection. Have you heard of a phenomenon known as musical goosebumps? This is when a shuddery chill and goosebumps occur when listening to music, and is linked to the release of dopamine.