



The Old Vicarage
Allithwaite

Activities Timetable for the Week Commencing 21st July 2025

DAY	MORNING	AFTERNOON
MON 21 JULY	HAIRDRESSER VISIT & QUIZ TIME	WILDLIFE FILM
TUES 22 JULY	ARMCHAIR BALLET WITH CARLA	KEITH REDFERN SINGS
WED 23 JULY	HAND MASSAGES WITH MARGARET	GAMES AFTERNOON
THUR 24 JULY	HAIRDRESSER VISIT & ONE-TO-ONE CHATS	MAKING ICE CREAM SODAS
FRI 25 JULY	LISTENING TO MEMORY RADIO 1950S SPECIAL	FILM CLUB
SAT 26 JULY	ENJOYING GAMES DAY	
SUN 27 JULY	RELAXING, WATCHING SOME GOOD OLD FILMS!	

An interesting fact!

Singing engages multiple areas of the brain simultaneously, boosting neuroplasticity and potentially aiding memory, especially in those with dementia or memory decline. It can improve word recall, enhance cognitive function, and reduce anxiety, offering a holistic approach to well-being.