



*The Old Vicarage*  
Allithwaite

## Activities Timetable for the Week Commencing 28th April 2025

DAY	MORNING	AFTERNOON
MON 28 APRIL	HAIRDRESSER VISIT	FRANK SINATRA TRIBUTE AFTERNOON
TUES 29 APRIL	ARMCHAIR EXERCISES WITH ALICE	BAKING FOR FUN
WED 30 APRIL	SING ALONG & GAMES	BAKING FOR FUN
THUR 1 MAY	HAIRDRESSER VISIT	TIME FOR A CUPPA FUNDRAISER
FRI 2 MAY	ACTION SONGS	THE BIG SCREEN FILM
SAT 3 MAY	ENJOYING GAMES DAY	
SUN 4 MAY	RELAXING, WATCHING SOME GOOD OLD FILMS!	

An interesting fact!

Did you know, tea can positively impact mood and mental well-being due to compounds like L-theanine and caffeine, and the social act of sharing a cup of tea.