



The Old Vicarage
Allithwaite

Activities Timetable for the Week Commencing 28th July 2025

| DAY | MORNING | AFTERNOON |
|--------------|---|---|
| MON 28 JULY | HAIRDRESSER VISIT & MEMORY RADIO 1940S | TEA TASTING & COMDEY CLUB THE GOOD LIFE |
| TUES 29 JULY | ARMCHAIR BALLET WITH CARLA | SAND SENSORY KINETIC THERAPY |
| WED 30 JULY | ACTION SONGS WITH ALICE | GAMES AFTERNOON |
| THUR 31 JULY | HAIRDRESSER VISIT & ONE-TO-ONE CHATS | BINGO |
| FRI 1 AUG | ARMCHAIR EXERCISES WITH ALICE | JOLLY HOLLY VISIT |
| SAT 2 AUG | ENJOYING GAMES DAY | |
| SUN 3 AUG | RELAXING, WATCHING SOME GOOD OLD FILMS! | |

An interesting fact!

Action songs offer a fun and engaging way to promote physical and mental well-being, combining singing with movement, which improves mobility, coordination, and cognitive function. You may recall a Dad's Army sketch when they sang with actions 'Under the Spreading Chestnut Tree'. Classic!