



The Old Vicarage
Allithwaite

Activities Timetable for the Week Commencing 6th January 2025

DAY	MORNING	AFTERNOON
MON 6 JAN	HAIRDRESSER VISIT	PILATES WITH RUTH
TUES 7 JAN	ARMCHAIR BALLET 	MOVE WITH STEFAN
WED 8 JAN	 COFFEE & CHAT	STRETCH & SHINE WITH SARAH
THU 9 JAN	HAIRDRESSER VISIT	GAMES AFTERNOON 
FRI 10 JAN	COLOURING ACTIVITY 	SLOW & STEADY WITH STEFAN

An interesting fact!

Chair yoga can help improve flexibility, strength, and mobility. It can also help reduce the fear of falling. Chair yoga can also help with circulation, well-being, blood pressure, anxiety, inflammation, and chronic pain