

Sibbertoft Manor	<u>November 2023</u>					<u>Maybe subject to change</u> Week 3
Tegan + Lucy Monday 20th	Gabi + Tegan Tuesday 21st	Gabi + Tegan Wednesday 22nd	Gabi + Tegan Thursday 23rd	Gabi + Lucy Friday 24th	Dot Saturday 25th	Lucy Sunday 26th
10:30 – Armchair exercises with Lucy and Tegan!  2:30 – Time for a documentary 	<u>All day -</u>  Meals, Menus and Mingling  3:30 – Musicals sing along 	10:30 – Autumn arts and crafts morning  2:30 - Yoga and Relaxation 	10:30 – Quiz with Dot  2:30 – Gabi + Tegan  Jigsaw afternoon 	10:30 – Take us down memory lane! <u>Coffee morning with Gabi and Lucy</u>  2:30 – Film Friday!  BB's Mobile Shop 	10:30 – Quiz with Dot  Enjoy your afternoon! 	<u>All day -</u> Activities with Lucy!  2:30 – This is your life! 