

April 2024

Maybe subject
to change
Week 3

<u>Sibbertoft Manor</u>						<u>Maybe subject to change Week 3</u>
Tegan Monday 15th	Gabi Tuesday 16th	Gabi and Tegan Wednesday 17th	Gabi Thursday 18th	Gabi and Tegan Friday 19th	Dot Saturday 20th	Tegan Sunday 21st
<p>10:30 – Armchair exercises with Tegan</p>  <p>2:30 – Garden Walks</p> 	<p><u>All day –</u></p>  <p style="text-align: center;">FOOD</p> <p style="text-align: center;">Meals, Menus and Mingling</p> 	<p style="text-align: center;"><u>Morning Reflexology</u></p>  <p>10:30 – Creative Cookery</p>  <p>2:30 – Gabi + Tegan</p>  <p style="text-align: center;">Mindfulness colouring</p> 	<p><u>All day –</u> <u>Chiropodist</u></p> <p>10:30 – Quiz with Dot</p>  <p>2:30 – Music and Chatter!</p> 	<p><u>All day –</u> <u>Chiropodist</u></p> <p>10:30 - Gardening Club</p>  <p>2:30 – Film Friday</p>  <p>BB's Mobile Shop</p> 	<p>10:30 – Quiz with Dot</p>  <p style="text-align: center;">Enjoy your afternoon!</p> 	<p>10:30 – Drawing and Painting</p>  <p>2:30 - Afternoon Walks</p> 