


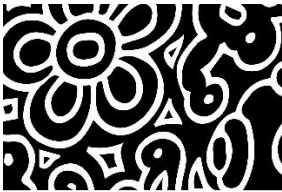








Sibbertoft Manor	<u>April/May 2024</u>					<u>Maybe subject to change</u> Week 5
<b>Tegan</b> Monday 29th	<b>Gabi</b> Tuesday 30th	<b>Gabi and Tegan</b> Wednesday 1st	<b>Gabi</b> Thursday 2nd	<b>Gabi and Tegan</b> Friday 3rd	<b>Dot</b> Saturday 4th	<b>Tegan</b> Sunday 5th
<p>11:00 – Armchair Exercises</p>  <p>2:30 – Garden Walks</p> 	<p>11:00 – Boogie Beatz dance chair exercise with Hannah</p>  <p><u>All day –</u> <b>Meals, Menus and Mingling</b></p> 	<p><u>Morning Reflexology</u></p>  <p>10:30 – Arts and Crafts</p>  <p>2:30 – Gabi + Tegan</p>  <p>Mindfulness colouring</p> 	<p>10:30 – Quiz with Dot</p>  <p>2:30 – News Desk! (Gabi reading the latest news articles)</p> 	<p>10:30 - Gardening Club</p>  <p>2:30 – Kyle Singing!</p> 	<p>10:30 – Quiz with Dot</p>  <p>Enjoy your afternoon!</p> 	<p>10:30 – Colouring and Painting</p>  <p>2:15 – John Spinner Musician</p> 