

May 2024

Maybe subject
to change
Week 2

<u>Sibbertoft Manor</u>						<u>Maybe subject to change</u> Week 2
Tegan Monday 13th	Gabi Tuesday 14th	Gabi and Tegan Wednesday 15th	Gabi Thursday 16th	Gabi and Tegan Friday 17th	Dot Saturday 8th	Tegan Sunday 19th
<p>11:00 – Armchair Exercises</p> <div style="text-align: center;"></div> <p>2:30 – Garden Walks</p> <div style="text-align: center;"></div>	<p>11:00 – Boogie Beatz dance chair exercise with Hannah</p> <div style="text-align: center;"></div> <p><u>All day –</u> Meals, Menus and Mingling</p> <div style="text-align: center;"></div>	<p style="text-align: center;"><u>Morning Reflexology</u></p> <div style="text-align: center;"></div> <p>11:00 – Holy Communion service</p> <div style="text-align: center;"></div> <p>2:30 – Gabi + Tegan</p> <div style="text-align: center;"></div> <p>Mindfulness colouring</p> <div style="text-align: center;"></div>	<p>10:30 – Quiz with Gabi!</p> <div style="text-align: center;"></div> <p>2:30 – News Desk! (Gabi reading the latest news articles)</p> <div style="text-align: center;"></div>	<p>10:30 - Arts and Crafts</p> <div style="text-align: center;"></div> <p>2:30 – 3 in Accord – Singing trio</p> <div style="text-align: center;"></div>	<p>10:30 – Quiz with Dot</p> <div style="text-align: center;"></div> <p>Enjoy your afternoon!</p> <div style="text-align: center;"></div>	<p>11:00 – Tea and biscuits on the patio!</p> <div style="text-align: center;"></div> <p>2:30 – Cats Pyjamas – Musical Theatre</p> <div style="text-align: center;"></div>