

# May 2024

Maybe subject  
to change  
Week 2

<u>Sibbertoft Manor</u>	<u>May 2024</u>						<u>Maybe subject to change</u> Week 2
<b>Tegan</b> Monday 13th	<b>Gabi</b> Tuesday 14th	<b>Gabi and Tegan</b> Wednesday 15th	<b>Gabi</b> Thursday 16th	<b>Gabi and Tegan</b> Friday 17th	<b>Dot</b> Saturday 8th	<b>Tegan</b> Sunday 19th	
<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 – News Desk! (Gabi reading the latest news articles)</p>  <p>2:30 – Gabi + Tegan Mindfulness colouring</p> 	<p>10:30 – Quiz with Gabi!</p>  <p>2:30 – Yoga, breathing and meditation</p> 	<p>10:30 - Arts and Crafts</p>  <p>2:30 – 3 in Accord – Singing trio</p> 	<p>10:30 – Quiz with Dot</p>  <p>Enjoy your afternoon!</p> 	<p>11:00 – Tea and biscuits on the patio!</p>  <p>2:30 – Cats Pyjamas – Musical Theatre</p> 	