

<u>Sibbertoft Manor</u>	<u>September 2024</u>					<u>Maybe subject to change</u> Week 1
<b>Tegan</b> Monday 2nd	<b>Gabi</b> Tuesday 3rd	<b>Gabi + Tegan</b> Wednesday 4th	<b>Gabi</b> Thursday 5th	<b>Gabi + Tegan</b> Friday 6th	<b>Dot</b> Saturday 7th	<b>Tegan</b> Sunday 8th
<p>11:00 – Armchair exercises and games</p>  <p>2:30 – Garden Walks</p> 	<p>All day –</p>  <p style="text-align: center;"><b>Meals, Menus and Mingling</b></p> 	<p>All day – <u>Chiropodist / Reflexology</u></p> <p>11:00 – Holy Communion service</p>  <p>2:30 – Gabi + Tegan</p>  <p style="text-align: center;"><b>Mindfulness colouring</b></p> 	<p>All day – <u>Chiropodist</u></p> <p>10:30 – Quiz with Dot</p>  <p>2:30 - Yoga and meditation</p> 	<p>10:30 – Gardening Club</p>  <p>2:30 – Music and Poetry afternoon</p> 	<p>10:30 – Quiz with Dot</p>  <p style="text-align: center;"><u>2:00-4.30</u> <b>Sibbertoft Village Fair</b></p> 	<p>11:00 - Morning Walks</p>  <p>2:15 – Jon Spinner - Violinist</p> 