
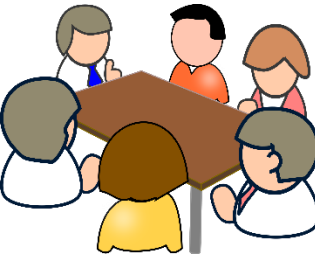
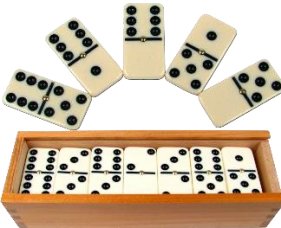






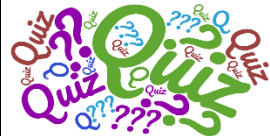
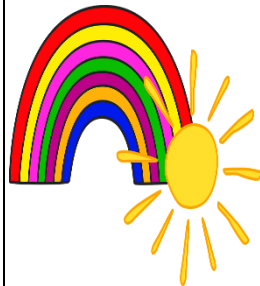




<u>Sibbertoft Manor</u>	<u>October 2024</u>					<u>Maybe subject to change</u> Week 1
Tegan Monday 30th	Gabi Tuesday 1st	Gabi + Tegan Wednesday 2nd	Gabi Thursday 3rd	Gabi + Tegan Friday 4th	Dot Holiday Saturday 5th	Tegan Sunday 6th
<p>11:00 – Armchair exercises and games</p>  <p>2:00 – Resident's Meeting</p> 	<p><u>All day –</u> <u>Hairdresser</u></p> <p>10:30 – Lounge Games</p>  <p>2:30 – Armchair Curling</p> 	<p><u>All morning</u> <u>Reflexology</u></p> <p>11:00 – Holy Communion</p>  <p>2:30 – Digital table games</p> 	<p>10:30 – Quiz with Gabi</p>  <p>2:30 – Yoga and Relaxation</p> 	<p>10:30 – Colouring and Painting</p>  <p>2:30 – Gabi + Tegan</p>  <p>Puzzles and quizzes</p> 	<p></p> <p>Enjoy your morning!</p> <p></p> <p>Enjoy your afternoon!</p> <p></p>	<p>11:00 - Morning Walks</p>  <p>2:15 – Jon Spinner; Musician</p> 