

Sibbertoft Manor

September 2024

Maybe subject to change
Week 3

Tegan
Monday 16th

11:00 –
Armchair
exercises
and games



2:30 –
Afternoon
Walks

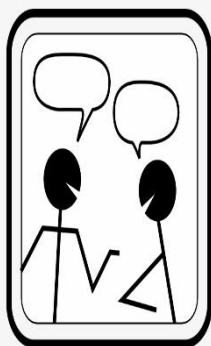


Gabi
Tuesday 17th

All day –



**Meals,
Menus and
Mingling**



Gabi + Tegan
Wednesday 18th

All day –
Hairdresser /
Reflexology

10:30 –
Arts and
Crafts



2:30 –
Mindfulness
Colouring



(Gabi Newsletter)

Gabi
Thursday 19th

10:30 –
Quiz with
Gabi



2:30 –
Singing
Group



Gabi + Tegan
Friday 20th

10:30 –
Creative
Baking



2:30 –
Digital table
games (Tegan)



Scrabble Club
(Gabi)



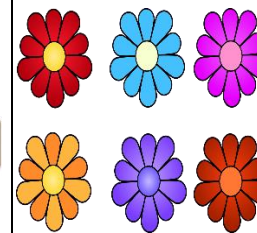
Dot Holiday
Saturday 21st



Enjoy your
morning!



Enjoy your
afternoon!



11:00 –
Morning
Walks



2:30 –
Puzzles
and games

