

November 2024

Maybe subject to
change
Week 4

<u>Sibbertoft Manor</u>						<u>Maybe subject to change Week 4</u>
Tegan Monday 25th	Gabi Tuesday 26th	Gabi + Tegan Wednesday 27th	Dot + Gabi Thursday 28th	Gabi + Tegan Friday 29th	Dot Saturday 30th	Tegan Sunday 1 st Dec
<p>11:00 – Armchair exercises and games</p>  <p>2:30 – Documentary Time</p> 	<p><u>All day –</u> <u>Hairdresser</u></p>  <p>10:30 – Seasonal arts and crafts</p>  <p>2:30 – Music and Poetry</p> 	<p>11:00 – Joy’s Singers!</p>  <p>Women’s Choir</p> <p>2:30 - Bob Oakley; Country Music</p> 	<p>10:30 – Quiz with Dot</p>  <p>2:30 – <u>GUEST SPEAKER</u> ‘Remember your Memories’</p> 	<p>10:15 – Fun and Fitness with Tom</p>  <p>2:30 – Gabi + Tegan  Mindfulness colouring</p> 	<p>10:30 – Quiz with Dot</p>  <p> <i><u>Enjoy your afternoon!</u></i></p> 	<p>11:00 - Autumn Walks</p>  <p>2:30 – Twycross Florist</p> 