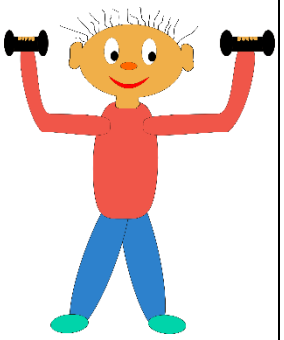
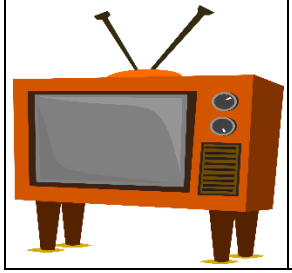
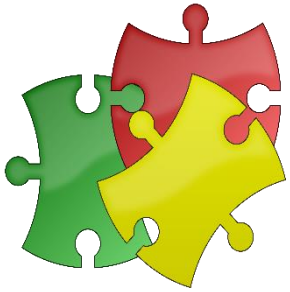
Sibbertoft Manor	September 2026					Maybe subject to change Week 1
Tegan **Monday 31st**	**Carers** **Tuesday 1st**	**Tegan** **Wednesday 2nd**	**Dot** **Thursday 3rd**	**Tegan** **Friday 4th**	**Dot** **Saturday 5th**	**Tegan** **Sunday 6th**
11:00 – Armchair Exercises with Alex!  2:30 – Classic Drama or Documentary 	**REFLEXOLOGY** 11:00 – Feestyle Colouring 2:30 – Back to School with Gabi! 	11:00 – Creative Baking! 2:30 – Lounge Games and Puzzles 	10:30 – SHORT Quiz with Dot 11:30 – Moving Together **Dance Exercise** *Enjoy Your Afternoon* 	11:00 – Fun + Fitness with Tom (or Tegan!) 2:30 – 3 In Accord - Singers 	10:30 – Quiz with Dot *Enjoy Your Afternoon* 	11:00 – Beauty, Nails and Hair with Tegan 2:30 – Arts and Crafts