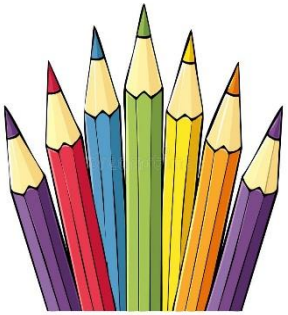
Sibbertoft Manor	# August 2026					Maybe subject to change Week 3
Tegan **Monday 17th**	**Carers** **Tuesday 18th**	**Tegan** **Wednesday 19th**	**Dot** **Thursday 20th**	**Tegan** **Friday 21st**	**Dot** **Saturday 22nd**	**Tegan** **Sunday 23rd**
CHIROPODIST 11:00 – Armchair Exercises with Alex! 2:30 – Favourite Music on Alexa! 	**REFLEXOLOGY** 11:00 – Feestyle Colouring  2:30 – Chatting with Gabi! 	11:00 – **Church Service** @The Manor 2:30 – Bob Oakley Country Music 	10:30 – Quiz with Dot *Enjoy Your Afternoon* 	11:00 – Fun + Fitness with Tom 2:30 – Arts and Crafts Afternoon 	10:30 – Quiz with Dot *Enjoy Your Afternoon* 	11:00 – Beauty, Nails and Hair with Tegan 2:30 – **Dance Troop Extravaganza!**