Sibbertoft Manor	# September/October 2026					Maybe subject to change Week 1
Tegan **Monday 28th**	**Carers** **Tuesday 29th**	**Tegan** **Wednesday 30th**	**Dot + Gabi** **Thursday 1st**	**Tegan + Gabi** **Friday 2nd**	**Dot** **Saturday 3rd**	**Tegan** **Sunday 4th**
11:00 – Armchair Exercises 2:30 – Movie Monday! 	11:00 – Jigsaws in the Lounge 2:30 – Autumn Garden Walks 	11:00 – Moving Together **DANCE EXERCISE** 2:30 – DUO2 - Singers 	10:30 – Quiz with Dot 2:30 – Yoga and Relaxation 	11:00 – Tegan's Farewell Party! 2:30 – Fun + Fitness with Tom 	10:30 – Quiz with Dot *Enjoy Your Afternoon* 	11:00 – Nails and Beauty with Tegan 2:30 – Do You Remember **Party Games?**