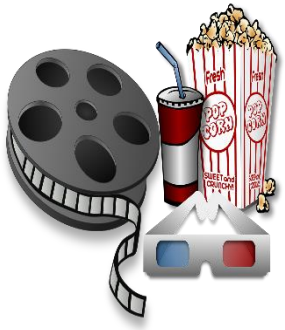
Sibbertoft Manor	September 2026					Maybe subject to change Week 2
Tegan **Monday 7th**	**Tegan** **Tuesday 8th**	**Tegan + Gabi** **Wednesday 9th**	**Dot + Tegan** **Thursday 10th**	**Gabi** **Friday 11th**	**Dot** **Saturday 12th**	**Carers** **Sunday 13th**
ALL DAY HAIRDRESSER with **Amber** 11:00 – Armchair Exercises 2:30 – **Beauty + Nails** with Tegan 	Boogie Beatz Dance Chair Exercise 2:30 – Movie Tuesday! 	11:00 – Arts and Crafts 2:30 – Yoga and Relaxation with Gabi 	10:30 – Quiz with Dot 2:30 – **GUEST SPEAKER** Favourite Songs from Shows and Musicals! 	10:30 – CELEBRATE **MERCHANT NAVY DAY!** **with Gabi** 2:30 – Kyle Singing 	10:30 – Quiz with Dot 2:30 – Jon Spinner - Musician 	 *Enjoy Your Morning* 2:30 – Take a Carer for a Walk!